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ABSTRACT

This document reports on an effort to identify, collect, and catalog: (1) various fitness- and health-related promotion materials available to the general public by federal, state, and local agencies; and (2) informational items distributed by the private sector. Printed materials are categorized as: (1) currently available brochures and pamphlets costing no more than three dollars per single copy (in-depth materials and monographs have not been included); (2) bibliographies of selected articles from popular magazines, newspapers, and special journals published since 1978; (3) a catalog of public service announcements and films relevant to the promotion of fitness and health; and (4) fitness-related research projects funded by the federal government between 1981 and early 1982. The methods used for collecting, evaluating, and organizing materials for presentation of each information type are presented. (JD)

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Office of Disease Prevention and Health Promotion

INVENTORY OF HEALTH AND PHYSICAL FITNESS PROMOTION MATERIALS, RESEARCH AND ARTICLES FROM PERIODICALS OF GENERAL INTEREST

FINAL REPORT

Contract No. 282-78-0183-DN

REPORT NO. 7

U.S. DEPARTMENT OF EDUCATION
NATIONAL INSTITUTE OF EDUCATION
EDUCATIONAL RESOURCES INFORMATION CENTER (ERIC)

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U.S. Department of Health and Human Services Public Health Service Washington, D.C. 20201

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December 11, 1981

The names of the persons employed by the contract with management or professional responsibilities for work and/or content of the report are: Robert Bozzo, Nancy Lichter, Quinta Martin, and the support staff of the Health and Human Services Group of The Granville Corporation.

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THE GRANVILLE CORPORATION
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Inventory of Health and Physical Fitness

Promotional Materials, Research and Articles from Periodicals of General Interest

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SECTION ONE: Document Overview

SECTION ONE: DOCUMENT OVERVIEW

The purpose of this effort was to identify, collect and catalogue the various fitness related and other health promotion materials available to the general public by Federal, state, and local government agencies, as well as those related informational items distributed by the private sector. Printed materials included in this Compendium are categorized as follows:

- Currently available brochures and pamphlets costing no more than three dollars per single copy. Note in-depth materials and monographs have not been included.
- Bibliographies of selected articles from popular magazines, newspapers and special journals published since 1978.
- A catalog of public service announcements relevant to the promotion of fitness and health.
- Fitness related research projects (inventoried and cataloged) funded by the Federal Government between FY1981 and early FY 1982.

Each of four primary categories corresponds to a major portion of this Compendium. The methods used in collecting, evaluating materials, and organizing for presentation each information type are presented below, in turn.

PHYSICAL FITNESS PROMOTION MATERIALS--BROCHURES/PAMPHLETS

The collection of a comprehensive set of physical fitness promotional materials (i.e., brochures/pamphlets) necessitated an extensive mailing effort that included constructing several mailing lists targeted to numerous distributors of fitness related materials. A mailing list for each of the following groups or sectors of actors was constructed:

Federal Agencies

Agencies and offices within each of the primary Federal organizations (e.g., Department of Health and Human Services), as well as the independent and quasi-Federal organizations, were selected on the basis of potential relevance to our effort. Intelligence regarding agency relevance was gathered from organizational charts and information resources provided by the agencies (e.g., Health Information Resources in the Department of Health and Human Services) as well as visits to each of the various health information clearinghouses (e.g., National Health Information Clearinghouse, National Clearinghouse on Aging). Visits to the clearinghouses were also useful in identifying private sector information providers. In total, 127 Federal offices/agencies were identified and contacted; the contact procedures employed are outlined above.

State Departments of Health

Officials within state departments of health were identified primarily from a listing provided by the Association of State and Territorial Public Health Officials. Seventy-nine officials were contacted across all states and U.S. territories.

Local Government Agencies

The nature and type of fitness and exercise promotion materials made available to the public at the local level was unknown. Also, contacting these local government agencies required an extensive effort. Therefore, an attempt was made to determine the actual value of soliciting information from these local government agencies. Approximately 40 agencies were contacted in Maryland to enable us to evaluate the worth of a broad based data collection effort. The various agencies contacted all had functions relevant to fitness (e.g., Commissions on Physical Fitness, Recreation and Parks Associations, Departments of Culture and Recreation). None of the agencies contacted provided us with unique information. Brochures/pamphlets and information packets returned to us were either those provided to the local entities by national organizations (e.g., National Recreation and Parks Association, the President's Council on Physical Fitness and Sports) or local program descriptions and agendas. For these reasons no other local government agencies were contacted. A list of the Maryland agency contacts is included in Appendix B.

Private Groups

Individual corporations and national associations comprise the group of private sector contacts. The list of contacts in this group were identified by employing:

- Already existing resource/referral materials (e.g., "Health Education Materials and the Organizations That Offer Them")
- Private activity in the area of fitness/exercise (e.g, J.C. Penney's sponsorship of the Fitness Trails program, Pacific Mutual's sponsorship of the study entitled, "Health Maintenance," (1978))
- Information gleaned from the national clearinghouses
- Referrals

A total of 180 private organizations and associations potentially involved in providing fitness information to the general public were thus identified and contacted.

Information Collected

In excess of 400 brochures/pamphlets and other materials were collected in this manner. An initial investigation of these materials revealed that only approximately one-third of the documents focused on promulgating fitness and exercise. One hundred twenty six relevant documents were collected. Documents that did not focus primarily on fitness and exercise were further categorized into two groups: materials that were relevant to ODPHP's five areas of health promotion--alcohol and drug abuse, smoking cessation, stress management, nutrition, and cardiovascular and, cardiopulmonary health (recall that materials relevant to exercise are omitted from this category since they were already included in the main body of the Compendium) and materials that were health oriented, but not related to ODPHP's areas of health promotion activities.

A list of supporting materials, relevant to ODPHP's efforts, is presented in Appendix C of the Compendium. This list is organized alphabetically by the title of the publication; the distributor of the material is also noted. This list contains approximately 160 entries. The general health material, which items number about 180, has not been included in this Compendium as it was related neither specifically to fitness and exercise nor to ODPHP's general mission.

Evaluation of Printed Materials

Materials judged to pertain to physical fitness and exercise were evaluated further. The following informational items were extracted from each relevant publication:

- Title
- Author
- Publisher
- Sponsor
- Reference Number or Date of Publication
- Content Areas

In addition, all material was rated on standardized scales for:

- Readibility
- Comprehensiveness
- Presentation of Factual Material
- Health Improvement Recommendations
- Accessibility

The readibility of each item was assessed using the SMOG grade formulation.[1] This readibility formulation was selected for ease of use, reliability, and to ensure that material collected in this effort would be rated consistent with other materials presently in use by various HHS agencies.

Comprehensiveness and the extent to which up-to-date factual materials and health improvement recommendations are presented were measured using three point Likert-type scales. These scales are shown in Appendix D which presents the materials rating form. Accessibility of materials was categorized as a function of the cost of single and multiple copies, the distributor(s) of the materials, and the presence of restrictions on the use of the materials. Compendium entries also contain a brief synopsis of the content of each pamphlet, booklet or article. The format used in preparing the abstracts was selected to be consonant with that presently used by the National Health Information Clearinghouse in their efforts.

Organization of Inventory of Physical Fitness and Exercise Pamphlets and Brochures

Originally, four distinct catalogs/cross reference indices were to be constructed. The main section of the Compendium was to be organized by content area (e.g., fitness and nutrition, fitness and stress). The three cross reference sections were to be organized by: distributor, type of material, and intended audience. Upon closer examination of the materials, it became apparent that this plan would have to be modified. First, almost all of the information received was classified as a brochure/pamphlet. Also, it became clear that it was too difficult to discriminate reliably between these two types of materials and it made little sense to force an arbitrary distinction between brochures and pamphlets. More importantly, there was a veritable absence of other types of materials; therefore, the cross reference by type of material was dropped.

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[1] Readability Testing in Cancer Communications, NIH Publication No. 79-1689, June 6, 1979.

Similarly, there was a virtual absence of materials which dealt jointly with fitness and any of the other four health promotion areas. The primary catalog of the Compendium was therefore shifted from content area to a simple alphabetic listing, by title, which also presents all pertinent information, synopses, and ratings.

Both the cross reference by distributor and audience have been maintained. Cross reference is accomplished by means of document numbers assigned serially to entries in the alphabetically ordered catalog. However, it should be noted that the cross reference catalog organized by audience may be of limited utility since the bulk of materials are intended for the general population--both sexes, all ages.

Information from the fitness/exercise promotion materials was recorded on the evaluation forms and transferred to word processing cassettes. Again, complete entries were made for the primary reference catalog, ordered alphabetically. Less complete entries were made in the two cross reference sections. These entries include:

- Title
- Document Number
- Distributor

The primary reference catalog and two cross reference indices are presented in Sections 2-4 of this Compendium.

COLLECTION AND ORGANIZATION OF THE INVENTORY OF ARTICLES FROM PERIODICALS OF GENERAL INTEREST

In addition to published pamphlets and brochures, recent articles focusing on physical fitness and related health promotion issues that appeared in select newspapers, popular magazines, and technical journals were collected, evaluated and listed.

Two newspapers—the New York Times and the Washington Post--were searched to identify relevant newspaper articles. These papers were selected because they subscribe to all major wire services.

Identification of popular magazines to be searched for relevant articles was initiated by contacting the Magazine Publishers Association and determining which magazines have the highest circulation rate. Of the ten most subscribed to magazines, six are targeted to women readers, and three are inappropriate for this task (e.g., TV Guide, National Geographic and Playboy). Of the top ten, we searched the top four "women's magazines" (Better Homes and Gardens, Womens' Day, Family Circle and McCalls) and Reader's Digest. In addition to these five popular magazines, we also searched Time, Newsweek and Sports Illustrated.

Newspaper and magazine articles appearing in the publications selected were searched using the Lockheed DIALOG Data Base Catalog System. DIALOG is a computer assisted research system which is available at most Federal libraries. The search included scanning selected publications for relevant articles appearing from mid-1980 through October/November 1981. The search was performed for two sets of key words: physical fitness and exercise. Bibliographic references were obtained from this search, articles located and scanned. Section 5 of the Compendium presents an alphabetic listing of these articles, according to content area.

Although it was not requested, the DIALOG search for newspaper and magazine articles yielded information on numerous articles from specialized journals. Because this information already was in hand, it was examined and relevant items were included under a separate heading. In all, the key word search produced a listing of about 1,700 newspaper, magazine, and special journal articlces, many of which were found to be relevant and are listed in this compendium.

Public Service Announcements/Films

As part of our effort to construct a Compendium of materials promoting physical fitness and exercise, we obtained information about relevant radio and television PSAs, as well as films made available by agencies and private sector organizations and associations. Contacts with potential providers of PSAs and other sources of relevant films followed the procedures previously outlined.

While radio and television PSAs are by nature free, films included in this section of the Compendium are available on a rental or purchase basis. The rental or purchase cost of films included in this Compendium is relatively inexpensive. The listing of PSAs and films presented in Section 6 of the Compendium is organized alphabetically. Each entry includes information concerning the availability and use of materials such as address of distributor, cost, equipment requirements, type of materials (i.e., radio or television announcement, film) and ordering information.

Many of the reponses to our requests for information about PSAs and films came in the form of ordering catalogs. The catalogs contained information about books, journals, educational modules, etc., as well as information about PSAs and films. We scanned these catalogs and extracted information thought to be relevant. However, since the listings in these catalogs are so numerous and since much of the material listed appeared relevant to ODPHP's health promotion efforts (other than fitness/exercise), we have provided a listing of other resources in Appendix C of this Compendium. This listing is organized alphabetically by title/distributor; contact information is also provided.

COLLECTION AND ORGANIZATION OF THE INVENTORY OF CURRENT FEDERALLY FUNDED RESEARCH

Section 7 of this Compendium focuses on current Federally funded research projects related to fitness/exercise. A single source for all current Federally funded research was identified. The source—the Smithsonian Scientific Information Exchange (SSIE)—maintains a computer data bank of all research projects funded by the Federal Government from 1979 to present. It also contains a listing of research projects funded by selected private foundations. In the SSIE data base, all projects are categorized according to topic areas. A listing of all current Federally funded research projects dealing with the topics "physical fitness" and "exercise" was obtained from SSIE. The listings present for each project the title of the study, the level of funding (if available), sponsor, senior researcher and affiliation. Again, these research projects have been presented by category for easy reference.

SECTION TWO: Primary Reference Catalog

Document #1

AAU/USA Junior Olympics Handbook:
Guidelines for the Junior Olympic Program

PUBLISHER: Amateur Athletic Union of the United States

REFERENCE DATE: 1981

AVAILABLE FROM: Amateur Athletic Union of the U.S.
3400 West 86th St.
Indianapolis, IN 46268

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: 18 years or less, Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 16

Comprehensiveness rating: 3 = presents extremely detailed information.

No specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This is a comprehensive handbook for readers who are interested in forming a Junior Olympics event. The goals, rules, competition categories and requirements are presented comprehensively. One section answers questions a potential olympics organizer might have. Another section lists 1980's winners. Guidelines and recommendations for setting up a committee or tournament comprise an important part of this publication.

Document #2

The ABC's of Perfect Posture

By

Sandra C. Malanga

PUBLISHER: American Medical Association, Department of Health

REFERENCE NO.: OP-320, 1978

AVAILABLE FROM: Order Department OP-320
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single copy $ .75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, health cost/benefits

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 9

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is designed to make readers aware of their poor postural habits and to show how to improve them. Photographs of a movable human-like figure are used to illustrate a number of posture problems. Specific recommendations for improvements and quick ways to test postural problems provide clear guidance to the majority of readers who have developed poor postural habits.

Document #3

Aches and Pains of Running

By

Lowell Scott Weil, D.P.M.

PUBLISHER: National Jogging Association

AVAILABLE FROM: NJA
2420 K Street, N.W.
Washington, DC 20037

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 9

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet briefly describes common running injuries: runner's knee, achilles tendinitis, shin splint tendinitis, and runner's heel. It describes the causes of and treatments for these conditions, in some instances suggesting methods of preventing certain of the conditions. It is a handy, if not indispensable, reference for runners and joggers.

Document #4

Add P.L.U.S. to Your Life

PUBLISHER: Kansas Department of Health and Environment

DATE OF PUBLICATION: 1979

AVAILABLE FROM: Kansas Department of Health and Environment
Topeka, KS 66620

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol; Nutrition - general, obesity; Stress - headaches, ulcers, coping mechanisms; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system, blood pressure.

DESCRIPTION:

Material presents factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet provides guidelines for improving the quality of life through a total program of health and fitness. It has a number of progress charts and records for self-assessment of adherence to goals. In addition, it contains an attractive poster that includes a progress chart, exercises, and specific recommendations for staying in shape. The tests, charts, and record-keeping devices in this publication make for entertaining, somewhat active reading.

Document #5

Adult Physical Fitness

By

President's Council on Physical
Fitness and Sports

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE DATE: 1980

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is a comprehensive guide to fitness for men and women. It provides a step-by-step explanation of how to exercise, from warm-up to cool-down. It provides exercises of varying degrees of difficulty, which have differing purposes: conditioning muscles, improving the circulatory system, and strengthening specific muscle groups. Accompanied by many useful photographs throughout, this publication provides a clear, varied orientation into physical fitness and conditioning activities.

Document #6

All Men and Women

By

New York State Department of Health

PUBLISHER: New York State Department of Health

REFERENCE NO.: OHCE/03-76

AVAILABLE FROM: State of New York
Department of Health
Albany, NY 12237

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - obesity; Physical Fitness/Exercise - health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet describes the basic health and life-expectancy hazards related to smoking, obesity and sedentary life styles. Exercise is mentioned as a means of improving life expectancy, but specific detailed information is not included. The pamphlet lists a few simple tips on the importance of fitness and diet, and stresses the individual's responsibility for his own health.

Document #7

Aqua Dynamics: Physical Conditioning Through Water Exercises

By

President's Council on Physical Fitness and Sports

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE NO.: 040-000-00360-6

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: Single copy $2.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Materials provide some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Some specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses swimming and water exercises as priority physical fitness activities. A brief introduction explains the health benefits of water exercises, e.g., improving endurance, cardio-vascular strength, as well as illustrating why swimming is a good beginning activity for people who are out-of-condition, handicapped or elderly. The bulk of this pamphlet is devoted to descriptions and matching illustrations of some 66 water exercises designed to gradually build muscle strength and endurance. A series of exercises is presented as a suggested aqua-dymanics exercise program.

Document #8

The Asthmatic Athlete

By

American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-14

AVAILABLE FROM: Order Department, OP-14
American Medical Association
535 North Dearborn
Chicago, IL 60610

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes; All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise: asthma; Stress

DESCRIPTION :

Material presents a great deal of information.

Factual material is up-to-date relative to other materials on the subject.

Material provides references or resources for further explanation.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

A great deal of specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure addresses the syndrome of "exercise induced asthma", an increased airway obstruction that occurs 5-20 minutes following physical exertion. Information is disseminated regarding the methods of exercise testing, the various medications utilized to treat EIA, and overall patient management. The benefits of physical activity to the asthmatic is also presented.

Document #9

Basic Bodywork ... For Fitness and Health

By

Council on Scientific Affairs, Advisory
Panel on Exercise and Fitness

PUBLISHER: American Medical Association, Department of Health Education

REFERENCE NO.: OP-428

AVAILABLE FROM: Order Department OP-428
American Medical Association
P.O. Box 821
Monroe, WI 53555

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Alcohol and Other Drugs - abuse; Nutrition - obesity; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read in a few places.

This pamphlet outlines an approach to physical fitness. It is geared to the individual who is planning to begin a fitness program. Once basic health habits have been discussed, the pamphlet proceeds to give rules, do's and dont's, and illustrated exercises. The use of exercise in weight-loss programs is also covered. The pamphlet is thorough and does not resort to entertaining illustrations or eye-catching design.

Document #10

Basic Exercises for People Over 60

By

National Association for Human Development

PUBLISHER: National Association for Human Development

REFERENCE DATE: 1976

AVAILABLE FROM: National Association for Human Development
1750 Pennsylvania Avenue, N.W.
Washington, DC 20006

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 14

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet contains an exercise sequence for people over 60. Step-by-step instructions, photographs, and the proper procedure to follow during exercise periods make this a handy guide for senior citizens who wish to begin a physical fitness routine. The exercises are simple yet beneficial.

Document #11

Be Choosy: Pick a Lifestyle That Really Works for You

By

Canadian Information Directorate, Health and Welfare

PUBLISHER: Bureau of Health Promotion and Protection, Utah State
Department of Health

REFERENCE NO.: DHEW Publication No. (PHS) 79-50096

AVAILABLE FROM: Bureau of Health Promotion and Protection
Utah State Dept. of Health
P.O. Box 2500
Salt Lake City, Utah 84110
(801) 533-6120

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - obesity, cholesterol; Stress, Physical Fitness/Exercise

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This attractive fold-out gives clear, simple recommendations for developing health habits to prolong life. The back of the fold-out is called a "lifestyle profile," the purpose of which is a checklist and reminder to readers who are interested in reforming for the better. The topics covered are stress, smoking, use of drugs and alcohol, driving and recreation safety, exercise and recreation habits, and attitudes toward preventive medicine and personal health habits.

Document #12

Be Wise: Choose a Healthy Lifestyle!

12 Preventive Measures for a Longer Life

PUBLISHER: Bureau of Health Promotion and Risk Reduction, Utah State Department of Health

AVAILABLE FROM: Bureau of Health Promotion and Risk Reduction
Utah State Department of Health
150 W. North Temple, Room 474
Salt Lake City, UT 84103

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol, abuse; Nutrition - cholesterol; Physical Fitness Exercise - fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 6

Comprehensiveness rating: 1 = presents minimal information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure lists twelve measures for prolonging life. While many of the measures are commonly known, the abbreviated format makes the brochure a handy health propaganda device. It can be posted on a kitchen or school bulletin board, a bathroom or vanity mirror, or other conspicuous places.

Document #13

Better Health in Later Years

By

Theodore Irvin

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 446

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding.)

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Problems associated with aging are discussed in this pamphlet. It gives suggestions for better physical and mental health, such as developing a physical activity program satisfying the special nutritional and appetite needs of the aged, maintaining healthy mental attitudes, preventing accidents and illness. Among the common complaints addressed are vision problems, insomnia, coping with the weather, dental problems, and senility.

Document #14

Beyond Diet ... Exercise Your Way to Fitness and Heart Health

By

Lenore R. Zohman, M.D.

PUBLISHER: Mazola Corn Oil, CPC International, Inc.

REFERENCE NO.: 1974, 1979; 5724-81-38D

AVAILABLE FROM: Best Foods Nutrition Information Service
Box 307
Coventry, CT 06238

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All A Inc.

CONTENT AREA: Nutrition - general, cholesterol; Physical Fitness/Exercise - fitness standards, cardiovasuclar system, blood pressure.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet prescribes regular, planned exercise as a means of maintaining cardiovascular health. It provides the details of a sensible fitness routine. A useful section on possible dangers of embarking on a fitness program informs readers who are at risk of heart attack of what to do before embarking on a program of fitness and how to tell whether they are abusing, rather than strengthening, the heart.

Document #15

Bicycle Safety

PUBLISHER: AETNA

REFERENCE NO.: AA-2055-A

AVAILABLE FROM: AETNA Life and Casualty
151 Farmington Avenue
Hartford, CT 06115

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, 18 years or less; Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Bicycle Health

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 1 = presents minimal information.

No specific recommendations improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure provides basic, clearly written information on bicycle selection, maintenance, and safety. It also contains a simple quiz about bicycle safety rules with answers on the reverse side.

Document #16

Bicycling for Everyone

By

Office of Public Affairs

U.S. Department of Transportation

PUBLISHER: Office of the Secretary, U.S. Department of Transportation

REFERENCE NO.: 0-550-719

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet promotes bicycling as a useful and versatile way to maintain physical fitness. It gives instructions for bicycling safety and for preventing bicycle theft. Additionally, it promotes bicycling as a form of recreation and transportation that is not harmful to the environment. Attractive photographs illustrate important instructions and suggest that people of all ages and backgrounds can benefit from bicycling.

Document #17

A Boy and His Physique

By

Walter H. Gregg, Ed.D.

PUBLISHER: National Dairy Council

REFERENCE NO.: B 010

AVAILABLE FROM: Local Dairy Council

TYPE OF MATERIAL: Brochure

INTENDED READERS: Males, 18 years or less; Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resoruces for further exploration.

Readability level: 9

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is directed toward adolescent males and stresses proper eating habits. It includes a discussion of calorie counting as a means of either building body weight or losing excess pounds. Height-weight and caloric value charts are included. Exercise is discussed in some detail as a means of improving coordination and strength. A self-test of muscular performance is included, and subsequent discussion links exercise and good nutrition to overall good health.

Document #18

Building a Healthier Company

PUBLISHER: Blue Cross/Blue Shield with PCPFS and AAFDBI

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W.
Suite 3030
Washington, DC 20201

COST: Single Copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults (company managers)

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol; Nutrition - obesity; Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet, produced by Blue Cross/Blue Shield, is addressed to company executives who want to improve employee health. It explains why management should have an interest in employee fitness, i.e., why it is a cost-effective measure, and describes how a company should go about establishing such a program. Also presented are mini-case studies outlining what some large companies have done to promote employee fitness.

Document #19

Cardioenergetics

PUBLISHER: University of the State of New York

DATE OF PUBLICATION: 1979

AVAILABLE FROM: University of the State of New York
State Education Department
Bureau of General Education Curriculum Development
Albany, NY 12234

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol; Nutrition - general; Stress; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system, blood pressure.

DESCRIPITON:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size boldness) is easy to read throughout.

This booklet is a curriculum and guide to teaching physical fitness and cardiovascular disease prevention. It can be used by teachers in disciplines other than physical education. The learning experiences it suggests can take place in gyms, athletic fields, and the like, as well as in a number of settings not traditionally used in physical education. The cross-disciplinary approach to fitness should stimulate even the sedentary or intellectually orientad student.

Document #20

Cellulite: Hard to Budge Pudge

By

Louise Fenner

PUBLISHER: DHHS - Public Health Service

REFERENCE NO.: FDA 80-1078

AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Females, Parents, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Nutrition - obesity; Physical Fitness/Exercise - fitness standards

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding.)

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Reprinted from FDA Consumer (May 1980), this publication discusses cellulite. It defines cellulite as, not an extraordinary condition, but a feminine manifestation of fat. A general discussion about the myths of sport reducing and cellulite treatments informs the reader who otherwise might be misled by cellulite and spot-fat-removal advertisements.

Document #21

Children and Youth in Action:
Physical Activities and Sports

PUBLISHER: U.S. Department of Health and Human Services

AVAILABLE FROM: DHHS #80-30182
U.S. Department of Health and Human Services
Office of Human Development Services
Administration for Children, Youth and Families

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exericse - fitness standards

DESCRIPTION:

Material presents a great deal of factual information.
Factual material is up to date relative to other materials on the subject.
Material provides numerous references or resources for further exploration.
Comprehensiveness rating: 3 = presents extremely detailed information.
Numerous specific recommendations to improve health are included.
Copy type (size, boldness) is easy to read throughout.

Document #22

A Conversation with Helen C. Spear on Stress

PUBLISHER: Hogg Foundation for Mental Health

REFERENCE NO.: 1981

AVAILABLE FROM: Hogg Foundation for Mental Health
The University of Texas
Austin, TX 78712

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Stress - coping mechanisms

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure briefly examines stress. It suggests a number of practical stress management techniques. It also strives to dispel three common myths about the sources of stress and tension. Readers interested in improving the quality of their emotional and physical lives will find this discussion stimulating and useful.

Document #23

Coronary Heart Disease:
Risk Factors and the Diet Debate

By

Laurence M. Hursh, M.D.

PUBLISHER: National Dairy Council

REFERENCE NO.: B083

AVAILABLE FROM: Local Dairy Council

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - general, obesity, cholesterol; Stress - general; Physical Fitness/Exercise - cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 14

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is primarily a discussion of coronary heart disease - its symptoms, its causes, and methods of prevention. Specific risk factors such as smoking, obesity, stress, diet, sedentary lifestyle, heredity and blood pressure are noted and their relationship to coronary disease is discussed. Much space is devoted to the relationship between diet and cholesterol intake and heart disease. Exercise is described in passing as a method of offsetting arterial deterioration.

Document #25

Diabetic Athlete

By

American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-084

AVAILABLE FROM: Order Department, OP-084
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes; All Ages

PHYSICAL FITNESS CONTENT AREA: Stress: diabetes

DESCRIPTION :

Material presents a great deal of information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further explanation.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

A great deal of specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure, written primarily for the young athlete and for those who share the responsibility for management of the disorder (i.e., family, coaches, etc.), provides current scientific information about the effect of exercise on diabetic patient. It reemphasizes the value of exercise in diabetes treatment and informs the reader of safeguards during active sports participation or during exercise by persons with diabetes. Hypoglycemia—its symptoms, prevention and treatment regimes—is discussed. Also a caloric equivalent of physical exercise chart is provided.

Document #26

Do It for Your Heart Exercise Diary

PUBLISHER: Chicago Heart Association

REFERENCE NO.: 99-7061-B

AVAILABLE FROM: Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

COST: Single copy $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Some specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is more than just a diary or record of exercise. It also contains fitness readiness measures and physical indications of fitness and over-exertion. It provides information for readers to determine whether they are at high risk of heart attack and whether they should consult a physician before embarking on a fitness program. Such a diary is a motivational tool for beginning an individual fitness program.

Document #27

Do You Know How Much You Should Weigh?

PUBLISHER: Pacific Mutual Life Insurance Company

REFERENCE NO.: 11489

AVAILABLE FROM: Pacific Mutual
700 Newport Center Drive
Box 9000
Newport Beach, CA 92660

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness standards.

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure promotes exercise as a means of weight control. It also provides a table of suitable weight for adults of varying ages and heights. It uses research statistics to support the contention that long life expectancy is positively related to having weight ten per cent below the natural average.

Document #28

Dynamic Fitness

PUBLISHER: Action for Independent Maturity

REFERENCE NO: 1978 AIM/Gb1502 (779) 75M

AVAILABLE FROM: Action for Independent Maturity
Public Affairs
1909 K Street, N.W.
Washington, DC 200049

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol, controlled substances; Nutrition - general, obesity, cholesterol; Stress - general; Physical Fitness/Exercise - cardiovascular system.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet discusses total fitness for adults, particularly those middle-aged and over. The major health issues — stress, drug abuse, disease, the degenerative effects of the aging process, sexuality, nutrition — are all touched upon. The booklet suggests that exercise, good personal health habits, and good nutrition not only prolong life but also improve the quality of life. The text is accompanied by several attractive charts, tables, checklists, and the like.

Document #29

"E" Is for Exercise

By

William Haskell, Ph.D. and

Jere Mitchell, M.D.

PUBLISHER: American Heart Association

REFERENCE DATE: 1977

AVAILABLE FROM: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This American Heart Association flyer provides common-sense, useful suggestions for starting an individual program of physical fitness. An explanation of how to exercise to minimize probability of injury is followed by an explanation of normal variation in interest concerning one's exercise program. The exercise checklist provides the reader with a succinct method of maintaining his or her program on a regular and sensible basis.

Document #30

Eating and Your Heart ... A Program for Change!

By

Cooperative Extension Service,
U.S. Department of Agriculture

PUBLISHER: Cooperative Extension Service, U.S. Department of Agriculture

AVAILABLE FROM: Cooperative Extension Service
U.S. Department of Agriculture
Colorado State University
Fort Collins, CO 805231

COST: Single copy $ .40

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness Exercise - cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 7

Comprehensiveness rating: 1 = presents minimal information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure simply and succinctly lists the basic hazards to cardiovascular health. It briefly describes the Colorado Healthy Heart Program's series of workshops called "Eating and Your Heart."

Document #31

Exercise — Activity for People Over 60

By

National Association for Human Development

PUBLISHER: National Association for Human Development

REFERENCE DATE: 1977

AVAILABLE FROM: National Association for Human Development
1750 Pennsylvania Avenue, N.W.
Washington, DC 20006

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness, health cost/benefits

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is designed for the older person who wishes to maintain his or her current level of physical fitness. It provides directions for and step-by-step photographs of simple but useful exercises for the senior citizen who needs an easy series of exericses for developing flexibility.

Document #32

Exercise and Weight Control

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE NO: S/N 040-000-00371-1

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: Single copy $1.25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is primarily about exercise as a means to control obesity. It describes energy expenditure for different types of exercises and stresses that excess weight is more easily lost through exercise than through dieting alone. There is a section devoted to debunking weight control fallacies such as the old myth that exercise is worthless because it increases appetite. There is also a section on "exercise and modern living" which explains the special exercise needs of people with sedentary jobs and severe time constraints. The booklet provides suggestions for beginning and maintaining a regular, varied program of lifelong exercise.

Document #33

Exercise and Your Heart

PUBLISHER: National Institutes of Health

REFERENCE NO: 81-16-77

AVAILABLE FROM: Information Office
National Heart, Lung, and Blood Institute
9000 Rockville Pike
Bethesda, MD 20205

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - cholesterol; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This very informative booklet describes the health costs and benefits of exercise, particularly the advantages exercise has on the cardiovascualr system. Myths about exercise are dispelled, and tips on how to begin and maintain an appropriate fitness program are given. Also provided are suggestions for warming up, attire, maintaining motivation, and avoiding injury. The booklet includes a sample jogging program for a 16-week period.

Document #34

Exercise for the Elderly

By

David K. Leslie, Ph.D. and

John W. McLure, Ph.D.

PUBLISHER: University of Iowa

REFERENCE DATE: 1975

AVAILABLE FROM: Dr. David K. Leslie
TELETOES, Room 205
Field House
University of Iowa
Iowa City, IA 52242

COST: Single copy $2.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This extremely complete booklet provides an exercise guide for senior citizens. It describes the TELETOES program developed by the University of Iowa. The program is designed to support and encourage physical fitness among the elderly. There are sections on the need for exercise, its benefits, motivation, medical concerns, attire and equipment, and leadership. Each exercise is illustrated and accompanied by a textual description and explanation of its benefits. Emphasis is placed on carefully supervised programs which increase gradually to build strength and flexibility. A self-evaluation questionnaire and progress chart are included, as is an annotated bibliography.

Document #35

Exercise Your Right to Live

By

Dr. Robert Kerlan and Dr. Frank Jobe

PUBLISHER: National Athletic Health Institute, Inc.
Occidental Life Insurance Company of California

REFERENCE DATE: 1979

AVAILABLE FROM: Occidental Life Insurance Company of California
Advertising Department
Box 2102
Terminal Annex
Los Angeles, CA 90051

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is a guide to basic conditioning exercise. Twenty-six types of exercises are described and illustrated. The exercises are broken down into four fundamental categories: conditioning, flexibility endurance, and strength. Each category is introduced by a brief explanation of the benefits of that particular type of exercise. Also included are a chart of comparative energy (calorie) expenditures, a guide to proper attire, shoes, level of exercise and general health. A chart is provided for the reader to keep track of his exercise activities, body weight, and measurements.

Document #36

Exercises for Office Workers

PUBLISHER: Illinois Governor's Council on Health and Fitness

AVAILABLE FROM: Illinois Governor's Council on Health and Fitness
535 West Jefferson
Springfield, IL 62706

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Readability Level: 10

Material provides no references or resources for further exploration.

Comprehensiveness rating: 2 - presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet describes the special health hazards to which sedentary desk jobs can lead, and presents a series of exercises which can be done in the office to alleviate stiffness. Included are basic stretching and limbering exercises as well as several aerobic-type exercises which can be fit into a busy schedule.

Document #37

Feel Better

By

Eddie Miller et al.

PUBLISHER: Blue Cross/Blue Shield

REFERENCE DATE: 1980

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet sets out to inform the reader about the common health-threatening habits prevalent in American society. It provides convincing, though few, statistics to strengthen its thesis that most Americans have to think more and do more to improve their health habits. It provides a number of helpful suggestions for behavioral change.

Document #38

Fire Service Physical Fitness Programs

By

International Association of
Fire Chiefs Foundation

PUBLISHER: U.S. Department of Commerce

REFERENCE NO.: 003-000-00538-1

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: $2.20

TYPE OF MATERIAL: Brochure

INTENDED READERS: Males, Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - cholesterol; Stress - general; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet provides the results of a study of fire fighters fitness programs. It also makes specific recommendations for adopting or developing fitness programs for fire fighters. Fitness tests, evaluation materials, and descriptions of several existing fire fighters fitness programs increase the usefulness of the publication.

Document #39

Fit For Fun

By

American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-249

AVAILABLE FROM: Order Department, OP-249
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: 18 years or less Children/Adolescents; Both Sexes; Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise: fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further explanation.

Readability level: 5

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding)

A great deal of specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Directed to children from 6-9 years, this booklet is designed for usage by parents and educators, to interest the child in fitness and to encourage the use of active recreation, exercise and sports as a part of daily living through adulthood. The typography, language, and cartoon characters create and hold the child's interest throughout the pamphlet. The exercise topics are associated with animals, objects, and familiar activities (games/persons) of children to depict excitement and fun.

Document #40

Fit for Life

PUBLISHER: Kellogg Company/President's Council on Physical Fitness and Sports

AVAILABLE FROM: Division of Health Education
State Department of Health
Bismark, N.D.

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet is subtitled "A Plan Combining Food and Sensible Exercise," which accurately describes its content. The four major food groups are described and incorporated into a suggested meal plan for fitness. Exercises such as jogging, cycling, and swimming are discussed, along with proper attire and suggestions for how to plan and implement a good program for personal fitness. Also discussed is interval training, which encourages warm-up and cool-down periods, as wise exercise procedure for both seasoned athletes and people just beginning a fitness regimen. This pamphlet also presents the requirements for the Presidential Sports Awards.

Document #41

Fitness and Work Capacity

By

Brian J. Sharkey

PUBLISHER: Forest Service, U.S. Department of Agriculture

REFERENCE NO.: 001-001-00426-0

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: $2.20

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Stress; Physical Fitness/Exericse - fitness standards, fitness readiness, health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet contains a great deal of information designed to increase physical fitness levels. It has any number of goal-measuring tables, fitness charts, and exercise programs for people interested in participating in a program of physical fitness. Specific exercises are illustrated and their benefits explained. The pamphlet provides a great deal of information on program exercise techniques and on safely upgrading one's level of fitness.

Document #42

The Fitness Challenge ... in the Later Years
An Exercise Program for Older Americans
By
The President's Council on Physical Fitness
and Sports and
The Administration on Aging

PUBLISHER: U.S. Administration on Aging

REFERENCE DATE: 1981

AVAILABLE FROM: Library of Statutory Distribution Service
Department #76
Washington, DC 20401

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - general, obesity; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides a great deal of references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet uses simple illustrations and diagrams in advocating physical fitness for senior citizens. It provides physical conditioning programs of three levels of difficulty. It also gives directions for and illustrations of simple, enjoyable exercises that can be easily performed by aged individuals. A progress chart and special tips for arthritis help make this an extremely useful publication.

Document #43

The Fitness Connection

By

Best Foods, CPC International

PUBLISHER: Best Foods, CPC International

AVAILABLE FROM: The Fitness Connection
Department of FC-X, Box 207
Coventry, CT 06238

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Copy type (size, boldness) is easy to read throughout.

A companion to "Shaping Up for the Long Run," this pamphlet provides a few simple guidelines for healthful cooking and eating. It also provides twelve basic recipes for the individual who wishes to use the most nutritious food preparation techniques currently available. Hints on physical fitness are interspersed among the recipes.

Document #44

Fitness Focus: A Nutrition and Physical Fitness Unit

PUBLISHER: Kellogg Company

REFERENCE NO: 0998-9-2509, 1979

AVAILABLE FROM: Kellogg Company
Public Affairs Department
235 Porter Street
Battle Creek, MI 49016

COST: Single copy $2.50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, 18 years or less; Children/Adolescents, Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This publication is a curriculum package for the teaching of physical fitness theory to school-aged children. A poster, audio-visual materials, tests, and a plan of activities and methods are provided for teaching the program. The program is designed to heuristically motivate students to participate in fitness activities through their adult years.

Document #45

Fitness in the Workplace:
A Handbook on Employee Programs

PUBLISHER: Phillips Petroleum Co, and PCPFS

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W., Suite 3030
Washington, DC 20201

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults/Managers

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes the growing trend of employee fitness programs sponsored in whole or in part by the employer. The pamphlet attributes declining levels of adult fitness to the nature of sedentary work, and stresses the cost-benefit to employers of having a healthier workforce. Financial losses related to absenteeism, illness, and premature death are illustrated in a way which emphasizes that employee fitness programs are actually a cost-saving measure. Also listed are the essential features of a successful employee fitness program and suggestions for companies interested in implementing such a program.

Document #46

Food and Fitness

PUBLISHER: Blue Cross/Blue Shield

REFERENCE NO: Volume XXIV

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/ Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This colorful, attractively designed pamphlet uses a magazine format to discuss nutrition, exercise, and related areas of interest such as food fads, shopping economically, dieting for permanent weight control, and the relation between diet and physical fitness. The articles are interestingly written and are accompanied by attractive color photographs. The content is substantial and is reinforced by helpful tables and charts and by helpful suggestions for developing good nutritional habits.

Document #47

Foot Owner's Manual: A Guide to Good Foot Care

By

Nancy Raines Day and

Arthur C. Sciaroni, M.D., Consultant

PUBLISHER: PAS Publishing

AVAILABLE FROM: PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

COST: Single copy $ .75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages, 18 years or less, Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This is an excellent guide to the care of the foot. Numerous illustrations, many of them entertaining as well as instructive, contribute to the clearly written text. The pamphlet describes the normal and the abnormal development of the foot, from infancy to adulthood. It presents specific recommendations for preventing or recovering from foot problems. It provides numerous tips for the athlete, the amateur runner or jogger, the parent, and practically anyone with potential foot problems.

Document #48

Four Keys to a Healthy Heart

By

Alton Blakeslee and Jeremiah Stamler, M.D.

PUBLISHER: Best Foods, CPC International, Inc.

REFERENCE DATE: 1976

AVAILABLE FROM: Best Foods Nutrition Information Service
Box 307
Coventry, CT 06238

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - obesity, cholesterol; Stress; Physical Fitness/Exericse - cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldnesc) is easy to read throughout.

This pamphlet first builds a case for moderate lifestyle as a basis of heart health. It uses statistical evidence to discourage cigarette smoking, high cholesterol intake, sedentary lifestyle, overeating, and mismanagement of stress. It provides concrete suggestions for diet and exercise management but provides only warnings in the areas of stress management and cigarette smoking.

Document #49

A Girl and Her Figure

By

Ruth M. Leverton, Ph.D.

PUBLISHER: National Dairy Council

REFERENCE NO: B087

AVAILABLE FROM: Local Dairy Council

TYPE OF MATERIAL: Brochure

INTENDED READERS: Families, Children/Adolescents, 18 years or less

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is directed toward adolescent females and emphasizes proper eating habits. It includes extensive discussion of calories - how they are ingested and how they can be expended. Height-weight charts and calorie charts figure prominently, as do descriptions of the four food groups and vitamins. Good nutritional habits are the primary focus; exercise is presented mainly as a means to shed extra calories, develop grace, and maintain one's figure.

Document #50

Go! Go! Go! Go! - An Exercise Program for Healthy People

PUBLISHER: Chicago Heart Association

REFERENCE NO.: 99-7061

AVAILABLE FROM: Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

COST: Single copy $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/ benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet provides exercise instruction using the approach of exercising in four stages. The exercises are clearly illustrated and described. Unlike most pamphlets on the subject of fitness, it includes sports activities such as swimming, running, and sports in the daily program. The approach is realistic and innovative enough to interest the person who has previously been unsuccessful in continuing a program of individual fitness.

Document #51

Go Junior Fitness Program

PUBLISHER: Chicago Heart Association

REFERENCE DATE: 1979

AVAILABLE FROM: Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

COST: Single copy $1.25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, 18 years or less, Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness Exercise - fitness standards, fitness readiness, health cost/benefits.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is designed to interest preadolescents and adolescents in embarking on a sensible, healthful program of physical fitness. It explains the rationale of getting and staying fit. It also has a number of entertaining and instructive illustrations. The exercises are varied enough to maintain the young reader's interest. The accompanying self-assessment games and charts reinforce the information and put the idea of exercise in a positive, recreational light.

Document #52

Good Health - Exercise/Nutrition

PUBLISHER: Illinois Governor's Council on Health and Fitness

AVAILABLE FROM: Illinois Governor's Council on Health and Fitness
535 West Jefferson
Springfield, IL 62706

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/ Exercise - health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet has two major sections on nutrition and exercise. In the first, each of the four major groups is described as well as the food components of carbohydrates, fats, proteins, etc. In the second section, there are tips on basic exercise and an explanation of calories expended in various activities. The pamphlet also includes a question and answer section designed to dispel some common misconceptions about exercise.

Document #53

Good Health - The Rules of the Game

PUBLISHER: Johns Hopkins University

REFERENCE DATE: 1977

AVAILABLE FROM: Maryland State Department of Health and Mental Hygiene
201 W. Preston Street
Baltimore, MD 21201

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs; Nutrition; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This attractive fold-out gives the basic rules of good health. Not only are the rules simply stated but the suggestions are highly practical. Suggestions for alcohol and smoking control are particularly impressive. A progress chart is also provided for keeping track of one's health habits for the first month.

Document #54

Guide to Prescribing Exercise Programs

PUBLISHER: American Medical Association

REFERENCE NO: OP-447

AVAILABLE FROM: Order Department OP-447
AMA
535 North Dearborn Street
Chicago, IL 60610

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercises - fitness standards

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is designed to help physicians properly evaluate the fitness levels and physical activity requirements of their patients. Guidelines for "apparently healthy" patients differ from those for patients with problems. The pamphlet also describes the correct administering and scoring of several standard fitness tests. Examples of exercises to benefit varying physical needs are illustrated and briefly analyzed for harmful and beneficial effects.

Document #55

Guidelines to Good Health

PUBLISHER: Kraft, Inc.

REFERENCE NO: A9-1161, 1979

AVAILABLE FROM: Kraft, Inc.
Consumer Affairs Department
Chicago, IL 60690

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity/weight control; Physical Fitness/Exercise - fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This publication focuses on nutritional needs during different stages of life. In addition to its heavy concentration on nutrition, it provides rules of good health. It provides very specific guidelines for keeping physically fit and supplies convincing data in support of maintaining an ongoing program of physical fitness.

Document #56

H.E.L.P.

PUBLISHER: Health Evaluation and Longevity Planning Foundation

REFERENCE NO.: Information Packet

AVAILABLE FROM: H.E.L.P. Foundation
7300 4th Street, Suite 203
Scottsdale, AZ 85251

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This information packet explains the health evaluation program of H.E.L.P. and contains sample survey and health evaluation materials. This program is designed for organizations that wish to determine the level of health risk of their employees. It uses a series of questionnaires and tests to project longevity and particular areas of health risk for employees (and possibly their familes) without betraying the privacy of participants.

Document #57

Health Education Center

PUBLISHER: Blue Cross/Blue Shield of Greater New York

AVAILABLE FROM: Blue Cross/Blue Shield of Greater New York
3 Park Avenue
New York, NY 10016

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet contains information developed by Blue Cross/Blue Shield's Health Education Center. A description of workshops and health promotion programs is included. The packet also contains brochures on a number of health topics.

Document #58

Health Hazard Appraisal - Clues for a Healthier Lifestyle

By

Lydia Ratcliff

PUBLISHER: Public Affairs Pamphlets

REFERENCE NO.: 1978/ PA Pamphlet No 558

AVAILABLE FROM: Public Affairs Committee
381 Park Avenue South
New York, NY 10016

COST: Single copy $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This useful pamphlet provides statistical evidence for living a healthier lifestyle to prolong life. In addition to making specific health recommendations, it includes a "health hazard appraisal" test which is easily self-administered. Such a test, backed up by the information in the pamphlet could motivate the interested reader to change his or her habits for the better.

Document #59

Health Style: A Self-Test

PUBLISHER: U.S. HHS, Public Health Service

REFERENCE NO.: (PHS) 81-50155

AVAILABLE FROM: Health Style
Box 47
Washington, DC 20044

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Alcohol and Other Drugs - alcohol, illicit drugs; Nutrition - general; Stress - general; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet contains a self-test to measure overall health. Aspects tested are alcohol and drugs, smoking, eating habits, exercise/fitness, stress control, and safety. Following the test is an explantation of scoring which indicates how healthy the test-taker is. Suggestions to improve one's score include eliminating cigarettes, or switching to a "low-tar" brand, exercising regularly, eating sensibly, and so forth. The test is to be used as a self-assessment to make the test-taker aware of his danger zones. The booklet suggests attacking these danger zones one at a time in an effort to improve overall health.

Document #60

Health Works - It's Up to You

PUBLISHER: Blue Cross/Blue Shield

REFERENCE NO: 2138.000-N281

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs; Nutrition - general, obesity; Stress - general; Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure provides a simplistic argument and practical suggestions for developing a healthful, moderate lifestyle. It advocates exercise, stress management, and avoidance of tobacco. It gives detailed instruction in daily dental hygiene and makes constructive suggestions about improving eating and alcohol consumption habits.

Document #61

Healthy Approach to Slimming

By

American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-003

AVAILABLE FROM: Order Department, OP-003
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single Copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, Senior Citizens, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise: fitness standards; Nutrition: obesity

DESCRIPTION :

Material presents a great deal of information.

Factual material is up-to-date relative to other materials on the subject.

Material provides a great deal of references or resources for further explanation.

Readability level: 8

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

No specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure, targeted to adults, presents a general discussion of weight and health consciousness. Charts depicting suggested weights for heights, prevalence of obesity in men and women, caloric expenditures relative to physical activity, caloric intake per food groups, the 1600 and 1200 caloric diets, are also presented. Discussions related to reducing salons/health clubs, protein supplements, drugs, diet clubs and behavior modification are included.

Document #62

The Heart and Lungs at Work: Primer of Exercise Physiology

By

Jack Wilmore, Ph.D. and Allen Norton, Ph.D.

PUBLISHER: Beckman Instruments, Inc.

REFERENCE NO.: EID 76001-979-5AE

AVAILABLE FROM: Beckman Instruments, Inc.
Electronic Instruments Division
3900 River Road
Schiller Park, IL 60176

COST: Single copy $3.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 = presents extremely detailed information.

No specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This very technical booklet describes the body's cardiovascular and respiratory responses to exercises and illustrates how these responses can be measured. It provides formulas to measure oxygen consumption, gas exchange, metabolic adaptations to exercise, cardiac output, etc. The booklet also includes a section on modes of exercise testing, such as cycle ergometers, treadmills, and step tests, as well as exercise test protocols. Various automated systems approaches and computer analyses currently used to perform sophisticated physiological measurements are described and illustrated.

Document #63

Help Yourself

PUBLISHER: Blue Cross/Blue Shield

REFERENCE NO.: Volume XXVII, Number 1

AVAILABLE FROM: Blue Cross/Blue Shield
Communications Department
676 St. Clair
Chicago, IL 60611

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - general, cholesterol; Stress - general, headaches, depression, coping mechanisms; Physical Fitness/Exercise - fitness standards, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is an attractive, magazine-formatted publication on major fitness and lifestyle issues. The topics of cancer cause and prevention, fitness standards, preventive medicine, and moderate lifestyles are treated in an interesting, journalistic fashion. Stress, nutrition, obesity, and the above-mentioned topics are discussed authoritatively and are generally accompanied by useful suggestions for developing good health habits.

Document #64

High Blood Pressure

PUBLISHER: National Institutes of Health

REFERENCE NO.: 81-1800

AVAILABLE FROM: Information Office
National Heart, Lung, and Blood Institute
9000 Rockville Pike
Bethesda, MD 20205

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol; Nutrition - general, obesity, cholesterol; Physical Fitness/Exercise - health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is a good basic source of information on high blood pressure. It describes what blood pressure is, how it is measured, and how it affects one's health. Risk factors such as smoking and cholesterol, which add to the chances of coronary disease, are listed and explained. There is a section on the causes of hypertension and types of therapy. Physical fitness and exercise are discussed as methods of reducing hypertension.

Document #65

Hocus-Pocus as Applied to Arthritis

By

Annabel Hecht

PUBLISHER: DHHS - Public Health Service

REFERENCE NO.: (FDA) 81-1080

AVAILABLE FROM: U.S. Government Printing Office or
Public Document Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Stress - coping mechanisms

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses the nature of arthritis, current treatment programs, and remedies (including drugs). The role of the FDA in preventing and alerting the public to quack treatments is also discussed. Following a general description of the many illnesses subsumed under arthritis is a table listing current FDA-approved therapies for arthitis.

Document #66

How Different Sports Rate in Promoting Physical Fitness

By

C. Carson Conrad

PUBLISHER: Medical Times

AVAILABLE FROM: Medical Times
80 Shore Road
Port Washington, NY 11050

COST: Single copy $ .50

TYPE OF MATERIAL: Newspaper article

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This article presents the physical fitness benefits of a number of common recreational and sports activities. It gives the fitness-benefit ratings of seven sports medicine specialists. The seven physicians rate jogging, bicycling, swimming, skating, handball/squash, skiing, basketball, tennis, calisthenics, walking, golf, softball, and bowling. They each emphasize how to participate in these activities for maximum benefit.

Document #67

How to Cope with Arthritis

PUBLISHER: USDHEW — Public Health Service

REFERENCE NO.: 79-1092

AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Stress - coping mechanisms; Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further explanation.

Readability level: 14

Comprehensiveness rating: 2 = presents an adequate amount of information (enough for basic understanding)

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

The many different forms of arthritis are explained in this pamphlet. It surveys current arthritis research and treatments. In addition, misconceptions about arthritis and "quack" treatments for arthritis are warned against. The pamphlet stresses the importance of appropriate diet, exercise, and medical supervision in coping with arthritis.

Document #68

How to Shape Up ... And Keep in Shape ...

PUBLISHER: State of Florida, Department of Citrus

REFERENCE NO.: 1980, BB-90-1

AVAILABLE FROM: Department of Citrus
State of Florida
Florida Citrus Commission
Lakeland, FL 33802

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Males, 18 years or less, Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/Exercise - fitness standards, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 9

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is directed at adolescent males who are interested in getting in shape in order to participate in sports. General nutrition information is provided together with a rationale for physical fitness. Primarily, the booklet outlines a general fitness program. It contains an attractive chart that illustrates, describes, and provides rating standards for a number of basic exercises. Tips on skin and hair care, and an attempt to discredit the crash diet and health food fad industries render this an all-around useful source of information for young men.

Document #69

How to Stop Smoking

PUBLISHER: Channing L. Bete Co., Inc.

REFERENCE NO.: 1981, 1241A-4-81

AVAILABLE FROM: Channing L. Bete Co., Inc.
South Deerfield, MA 01373
(800) 628-7733

COST: Single copy $ .39

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults

PHYSICAL FITNESS CONTENT AREA: Smoking

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 9

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet presents a clear, convincing argument for giving up smoking. It presents simple methods for quitting and techniques for maintaining will power. The quitting techniques, accompanied by entertaining illustrations, simplify a complex, difficult behavioral change.

Document #70

Implications of Title IX for Postsecondary Physical Education and Athletic Personnel

By

Resource Center on Sex Roles in Education
(prepared for the Council of Chief State Officers)

PUBLISHER: U.S. Department of Health, Education, and Welfare, Office of Education

REFERENCE NO.: 017-080-01925-6

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: $2.40

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet explains the applications of Title IX of the Education Amendments of 1972, which provides for nondiscriminatory education of people regardless of sex. The booklet explains and illustrates tacit sex descrimination in curriculum design and course structure. It provides recommendations for adjusting curricula and methods of evaluating curricula for sex discrimination.

Document #71

An Introduction to Physical Fitness

PUBLISHER: PCPFS

REFERENCE NO.: DHEW (os) 79-50068

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W., Suite 3030
Washington, DC 20201

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure provides step-by-step guidance for the reader interested in beginning an individual fitness program. It does not assume that the reader knows the basics of properly beginning a program or even of how to correctly and safely embark on the daily exercise routine. Three levels of fitness routines are introduced and are accompanied by illustrations to ensure that the reader avoids unnecessary injury in his or her quest for fitness.

ument #22

Join the Active People Over 60

LISHER: Maryland Office on Aging

ILABLE FROM: State of Maryland
Department of Health and Mental Hygiene
201 West Preston Street
Baltimore, MD 21201

T: Single copy free

E OF MATERIAL: Brochure

ENDED READERS: Both Sexes, Senior Citizens

SICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/ enefits, cardiovascular system

CRIPTION:

erial presents a great deal of factual information.

tual material is up to date relative to other materials on the subject.

erial provides some references or resources for further exploration.

dability level: 10

prehensiveness rating: 2 = presents an adequate amount of information i.e., enough for basic understanding).

erous recommendations to improve health are included.

y type (size, boldness) is easy to read throughout.

s large leaflet could very well be used as a wall poster. It uses a stion-and-answer format on one side to motivate senior citizens to become sically fit. On the reverse side, it provides 12 illustrated exercises ior citizens can perform to achieve a satisfactory level of fitness.

Document #73

The Joy of Jogging

PUBLISHER: Channing L. Bete Co., Inc.

REFERENCE NO.: 1980, 1223B-6-80

AVAILABLE FROM: Channing L. Bete Co., Inc.
South Deerfield, MA 01373
(800) 628-7733

COST: Single copy $ .39

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness, health cost/benefits

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet outlines an entire jogging program for the individual who wants to begin a fitness program based on jogging. The benefits of jogging are outlined. The proper attire and equipment, the correct procedures, and running techniques are presented here, accompanied by entertaining, informative illustrations.

Document #74

Kansas Plus Program

PUBLISHER: Kansas Department of Health and Environment

REFERENCE DATE: January, 1980

AVAILABLE FROM: Kansas Department of Health and Environment
Topeka, KS 66620

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exericse - fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This publication contains a teaching guide ("Leader's Manual") and numerous reprints of publications for the operation of a program of physical fitness development. The program contains plans, objectives, and information designed to educate and indoctrinate participants in the principles of fitness, recreation, and exercise. In addition to the reprints for use as hand-outs, the program contains a good number of outside references for further information.

Document #75

Knee Owner's Manual: A Guide to the Care and Treatment of the Problem Knee

By

Physicians Art Service

Leland H. Johnson, M.D.

consultant

PUBLISHER: PAS Publishing

REFERENCE DATE: 1979, 1980

AVAILABLE FROM: PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

COST: Single copy $ .75

INTENDED READERS: Both Sexes, Senior Citizens, All Ages

TYPE OF MATERIAL: Brochure

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes common knee problems and injuries. Excellent illustrations show the parts of the knee, a number of tests, and treatments for knee problems. General guidelines for preventing knee injury and for recovering from knee injuries are also provided. Amateur athletes and others can benefit from the guidelines presented here.

Knee Pain and the Runner

By

Ronald Green, D.P.M.

l Jogging Association

tional Jogging Association
20 K Street, N.W.
shington, DC 20037

free

Brochure

Both Sexes, Adults

NTENT AREA: Physical Fitness/Exercise - fitness standards

ome factual information.

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ome references or resources for further exploration.

8

rating: 2 = presents an adequate amount of information
basic understanding).

ations to improve health are included.

oldness) is easy to read throughout.

ains a common cause of knee pain among runners, the condidromalacia. The causes of and treatments for the condition and more chronic forms are presented. The pamphlet also for preventing the initial occurrence of the condition. preventive exercise and a simple diagram of the knee.

BEST COPY

Document #77

Life is Movement

By

Committee on Physical Fitness of Elders

PUBLISHER: Connecticut State Department on Aging

AVAILABLE FROM: Connecticut State Department on Aging
80 Washington Street
Hartford, CT 06115

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Stress - general; Physical Fitness/Exercise - fitness readiness, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is a guide to beginning exercises for senior citizens. It describes simple flexibility exercises for all parts of the body, as well as cardio-respiratory exercises such as walking, dancing, and swimming. There are sections on relaxation and good nutrition. The emphasis in "Life is Movement" is on slow, gradual exercise which is designed to increase flexibility and promote general fitness among the elderly. Strenuous exercise--e.g., jogging, isometrics, weight training--are discouraged.

Document #78

Light on Your Feet

By

Jules Saltman

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 345A

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding)

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Prevention of foot problems and information on foot health care professionals are the subjects of this pamphlet. Taking care of a child's feet during the growing years is an informative section, as is the one explaining special foot problems that many people do not get proper medical treatment for. The pamphlet promotes the podiatry profession and gives a quick description of the opportunities in the field.

Document #79

Living Well: An Introduction to Health Promotion and Disease Prevention

By

Public Health Service

PUBLISHER: U.S. Dept. of Health, Education, and Welfare, Public Health Service

REFERENCE NO.: 017-001-00416-2

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: $2.75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Pregnant Females, Both Sexes, Parents, Senior Citizens, All Ages

PHYSICAL FITNESS CONTENT AREA: Alcohol and Other Drugs; Nutrition; Stress; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information (enough for basic understanding)

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

The booklet provides general information on developing a healthier lifestyle for increased longevity and improved quality of life. It provides statistics to support its many health recommendations. It focuses on care of infants and children as a way of preventing disease and poor health among adults. It contains a directory of national agencies and organizations that promote health and disease prevention.

Document #80

Living with a Heart Ailment

By

Theodore Irwin

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 1975, (Public Affairs Pamphlet No. 521)

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: Single copy $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol; Nutrition - obesity, cholesterol; Stress; Physical Fitness/Exercise - fitness standards, health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet focuses on describing treatments for common heart ailments. It describes the possible short-term and long-term results of heart attacks. Appropriate rehabilitative therapies and activities are described and popular myths dispelled. The booklet is useful reading for heart attack victims and their families and for those at high risk of heart attack.

Document #81

Medical Evaluation of the Athlete—A Guide

By

American Medical Association

PUBLISHER: American Medical Association

REFERENCE NO.: OP-209

AVAILABLE FROM: Order Department, OP-209
American Medical Association
P.O. Box 821
Monroe, WI 53566

COST: Single Copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes; All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise: fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of information.

Factual material is up-to-date relative to other materials on the subject.

Provides no references or resources for further explanation.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure addresses a medical evaluation process of the athlete. Safeguarding the athlete's health—good coaching, officiating, proper equipment—should be periodically evaluated. A health appraisal regime to determine athletic participation and limitations is provided. An inserted poster giving "FIRST AID FOR ATHLETIC INJURIES" can be easily lifted from the brochure. Additionally, a chart on disqualifying health conditions for collision, contact and non-contact sports is provided.

Document #82

Medicine for the Layman—Heart Attacks

By

Dr. Robert I. Levy

PUBLISHER: USDHEW - Public Health Service, NIH

REFERENCE NO.: 80-1083

AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - cardiovascular system, blood pressure

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet, one in a series entitled "Medicine for the Layman," explains simply and comprehensively major issues in the field of heart attack research. Not only are treatments, preventive measures, and misconceptions addressed, but also the problems of and obstacles to research are clearly outlined for the lay audience. Risk factors, treatment costs, technological developments are explained clearly and concisely. Excellent color illustrations accompany the text.

Document #83

Moderate Exercises for People Over 60

By

National Association for Human Development

PUBLISHER: National Association for Human Development

REFERENCE DATE: 1976

AVAILABLE FROM: National Association for Human Development
1750 Pennsylvania Avenue, N.W.
Washington, DC 20006

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet is aimed at the senior citizen interested in maintaining or upgrading his level of flexibility and physical fitness. Step-by-step photographs and instructions for performing a number of exercises for conditioning all parts of the body. The exercises are designed for a gradual increase in performance ability.

Document #84

Neck Owner's Manual: A Guide to the Care and Treatment of Common Neck Problems

By

Nancy Raines Day, Stephen E. Conrad, M.D., and
George B. Hamil, Jr., R.P.T.

PUBLISHER: PAS Publishing

REFERENCE DATE: 1981

AVAILABLE FROM: PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

COST: Single copy $.75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/ benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 8

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Neck Owner's Manual presents in a clear, interesting fashion advice about care of the neck and causes of common neck problems. Excellent illustrations appear throughout the pamphlet showing the parts of the neck, typical treatments, and recommended exercises. The general reading audience will find this a useful guide to good neck health.

Document #85

Nutrition and Your Health: Dietary Guidelines for Americans

By

U.S. Department of Agriculture and
U.S. Department of Health and Human Services

PUBLISHER: Home and Garden

REFERENCE NO.: 232

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Pregnant Females, Both Sexes, Parents, All Ages

PHYSICAL FITNESS CONTENT AREA: Alcohol and Other Drugs - alcohol; Nutrition - general, obesity, cholesterol; Physical Fitness/Exercise - health cost/benefits, cardiovascular system, blood pressure.

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This is a straightforward factual booklet emphasizing good eating habits. It describes in some detail the types of foods, vitamins and minerals necessary for a healthy diet, and lists foods which contain essential nutrients. This booklet also discusses the health hazards of overconsumption of sugar, sodium saturated fats, and alcohol. Exercise is mentioned as one way to maintain ideal weight; a chart illustrating the calorie expenditure of various types of exercise accompanies this section.

Document #86

On Making It Through the Night

By

Judith Willis

PUBLISHER: DHHS - Public Health Service, Food and Drug Administration

REFERENCE NO.: (FDA) 80-3095

AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Stress - coping mechanisms

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 17

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Reprinted from the FDA Consumer (Sept. 1979), this publication examines the problem of insomnia. Not only are the causes of insomnia surveyed but also problems associated with its treatment, particularly that of drug abuse. Non-drug treatments of insomnia, such as biofeedback, exercise, diet, and ways to prevent insomnia, such as avoidance of stimulants, alcohol, and tobacco are presented.

Document #87

One Step at a Time: An Introduction to Running

PUBLISHER: President's Council on Physical Fitness Fitness and Sports

REFERENCE NO.: S/N 017-001-00425-1

AVAILABLE FROM: Superintendent of Documents
U.S. Governtment Printing Office
Washington, DC 20042

COST: Single copy $1.75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exericse - health cost/ benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief booklet describes running as a fun, inexpensive way of exercising and improving overall fitness. It provides tips on proper attire, running style, stretching exercises and beginning a running program. Also included is a section on careful running—cautions to see a doctor, first aid for minor injuries, and so forth. There is a runner's log and an application for the Presidential Sports Award which is presented to runners who have met a series of minimum requirements.

Document #88

Overweight — A Problem for Millions

By

Michael H. K. Irwin, MD

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 364A

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - obesity, cholesterol; Physical Fitness/Exercises - health cost/benefits

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides numerous references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding)

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet emphasizes the harmful effects of overweight on health. Hypertension, atherosclerosis, diabetes, osteoarthritis, heart ailments are presented in their relation to overweight. Prevention of obesity, the inefficiency of fad dieting, the need for nutrition education are all stressed. The pamphlet outlines the principles of safe, effective weight reduction, having built a case against fad dieting and ignorance about the affects of obesity.

Document #89

Physical Education: A Performance Checklist

By

President's Council on Physical Fitness and Sports

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W.
Suite 3030
Washington, DC 20201

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes regular physical education training as an important "fourth R" necessary to a child's overall development. It illustrates the fact that some schools have woefully inadequate physical education programs and provides a parent's checklist designed to assess the effectiveness of his child's p.e. program. Also provided are brief recommendations as to what a parent can do to improve the physical education program at his child's school.

Document #90

Physical Fitness and Nutrition for the Athlete

PUBLISHER: State of Florida, Department of Citrus

REFERENCE DATE: 1979

AVAILABLE FROM: Florida Department of Citrus
P.O. Box 148
Lakeland, FL 33802

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, 18 years or less, Children/Adolescents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is designed for the general use of the young athlete or aspiring athlete. While specific exercises are recommended and illustrated, the pamphlet concentrates on general awareness of fitness and diet rather than on detailed fitness and dietary regimens. Oranges as a source of vitamin C are promoted in the first part of the pamphlet.

Document #91

Physical Fitness and Your Heart

PUBLISHER: Channing L. Bete Co., Inc.

REFERENCE NO.: ed. 1161C-12-78 1976, 1981

AVAILABLE FROM: Channing L. Bete Co., Inc.
South Deerfield, MA 01373
(800) 628-7733

COST: Single copy $ .39

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet provides general information on embarking on a program of physical fitness. Facts about and guidelines for developing and maintaining fitness are presented, using entertaining illustrations throughout. Several suggestions about pulse rate, clothing, practicality of one's exercise program and danger signals of overexertion are useful for the sedentary individual who wants to get in shape.

Document #92

Physical Fitness for Office Workers

By

Governor's Council on Physical
Fitness and Sports (Pennsylvania)

PUBLISHER: Governor's Council on Physical Fitness and Sports (Pennsylvania)

REFERENCE NO.: H-502.626.1P, Revised 8-78

AVAILABLE FROM: Pennsylvania Department of Health and Communications
P.O. Box 90
Harrisburg, PA 17120

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This leaflet argues for daily, simple exercise for individuals who work in sedentary jobs. Recognizing the need for exercise after business hours or on week-ends, it nevertheless provides a simple routine that most people can follow, even if the bulk of their work takes place at a desk in the confines of an office.

Document #93

Physical Fitness Program

By

United States Secret Service,
Office of Training

PUBLISHER: Department of the Treasury

REFERENCE NO.: 048-006-00007-8

AVAILABLE FROM: Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

COST: $1.30

TYPE OF MATERIAL: Brochure

INTENDED READERS: Males, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION :

Material presents a great deal of factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This complete physical fitness program, though designed for the use of U.S. Secret Service special agents, can be used by most people under forty years of age. The program contains instructions for and illustrations of exercises. It also provides a "strength and stamina" testing routine. The fitness program and the test are quite rigorous; therefore, neither should be attempted by high-risk individuals.

Document #94

The Physically Underdeveloped Child

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE NO.: 1977, 0-239-894

AVAILABLE FROM: U.S. Government Printing Office
Washington, DC 20402

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides a great deal of references or resources for further exploration.

Readability level: 15

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet describes the screening procedures by which physically underdeveloped children can be identified, and present suggestions for building a developmental program to overcome physical weaknesses. The screening test described is one developed by the President's Council for Physical Fitness and Sports, and is designed for children ages 9-17. It measures arm-shoulder strength, abdominal strength and endurance, and circulatory-respiratory, and muscular endurance. Instructions for administering the test and interpreting test results are included, as well as a guide to where further help can be obtained.

Document #95

Put Some Pep in Your Step

PUBLISHER: Blue Cross/Blue Shield

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet advocates walking as an easy, convenient way to stay in shape. It describes the most useful walking methods and also provides instructions on and illustrations of warm-up and conditioning exercises for walkers.

Document #96

Recreation for Disabled Persons

By

Elizabeth Ogg

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 1979 (Public Affairs Pamphlet No. 571)

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: Single copy $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet advocates fitness and recreation for individuals disabled by physical and mental disabilities. Issues of attitudes toward the disabled architectural barriers, transportation for the disabled, special problems of the blind, deaf, and mentally retarded provide an excellent supportive framework to the pamphlet's main aim, that of informing and interesting the reader in the many available recreational opportunities for the disabled.

Document #97

Reduce Your Risk of Heart Attack

By

American Heart Association

Revised by Harvey L. Alpern, M.D.

PUBLISHER: American Heart Association

REFERENCE DATE: 1969, 1974

AVAILABLE FROM: American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - obesity, cholesterol; Physical Fitness/Exercise - health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet explains how to reduce heart attack risk by showing the relationship between health habits and cardiovascular disease. It recognizes the limitations of hereditary factors while making a case for changing eating, exercise, and social habits to reduce the risk of developing preventable conditions directly responsible for stroke and heart attack.

Document #98

Run for Life

By

Lenore Zohman, M.D. with Frank Shorter

PUBLISHER: Connecticut Mutual Life Insurance Company

AVAILABLE FROM: Connecticut Mutual Life Insurance Company
Public Relations Department
140 Garden Street
Hartford, CT 06115

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents/Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs; Nutrition/Weight Control - general; Stress; Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

"Run for Life" is a very informative beginner's guide to running. It discusses the physical and psychological benefits of exericse generally and running/jogging specifically. The booklet explains and encourages aerobic exercises and stresses the importance of building cardiovascular endurance. In addition, there are sections describing pulse rates, warm-up and cool-down exercises, attire, special concerns, potential medial concerns and motivation. Frank Shorter, well-known long distance runner wrote the forward, as well as a section on "running tips." "Run for Life" is a good, complete and interesting introduction to healthy exercise.

Document #99

School Physical Fitness Programs:
What You Should Know ... How You Can Help

PUBLISHER: President's Council on Physical Fitness and Sports

REFERENCE NO.: DHEW (os) 76-50044

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W.
Suite 3030
Washington, DC 20201

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet stresses the need for comprehensive school physical education programs. It suggests that many current programs are inadequate and that, as a result, many children never develop their fitness potential. Further, the early lack of motivation to exercise is seen as the culprit for inactivity and poor health in adult years. Parents and educators are urged to evaluate the physical education programs in their children's schools and to make recommendations for improvement. Parents are also urged to play a personal role in their children's attitudes toward exercise and fitness.

Document #100

A Self Appraisal Checklist for School Health Programs

PUBLISHER: Ohio Department of Health, Health Education

REFERENCE DATE: 1966

AVAILABLE FROM: Ohio Department of Health, Health Education
P.O. Box 118
Columbus, OH 43216

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness.

DESCRIPTION:

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This publication is a self-evaluation instrument for school health programs.

Document #101

Shape Up for Life

PUBLISHER: American Medical Association Auxiliary, Inc.

REFERENCE DATE: 1979

AVAILABLE FROM: AMA Auxiliary, Inc.
535 North Dearborn Street
Chicago, IL 60610

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brief pamphlet stresses the connection between nutrition and general good health, and makes many suggestions on how to plan meals wisely. There is a section on weight loss which dispells myths about so-called "magic" weight control methods, and another section on exericses and weight control. Exercise is described as the best way to reduce overweight as well as essential activity for general fitness. Also included is a daily food guide which suggests types and amounts of foods required for good health.

Document #102

Shaping Up for the Long Run

By

Ronald M. Deutsch, Consultant

PUBLISHER: Best Foods, CPC International, Inc.

REFERENCE DATE: 1978, 1979

AVAILABLE FROM: Shaping Up for the Long Run
Dept. SU-X, Box 307
Coventry, CT 06238

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/ Exerise-fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure is designed to help the runner follow good health habits during training, between contests, and during the off-season. It explains and illustrates safe exercise techniques. It also provides visual aids, such as a true-false test for self-evaluation, a calorie-intake energy-output table, and a guide to good nutrition.

Document #103

Shoulder Owner's Manual: A Guide to the Care and Treatment of Common Shoulder Problems

By

Nancy Raines Day, Stephen E. Conrad, M.D., and
George B. Hamill, Jr., R.P.T.

PUBLISHER: PAS Publishing

AVAILABLE FROM: PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

COST: Single copy $ .75

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Causes for and explanations of shoulder injuries are presented in this pamphlet. Entertaining but useful illustrations show the steps of initial injury, therapy, and preventive maintenance of injury prone shoulders. Although the material is presented simply and clearly, the information in the pamphlet is adequately comprehensive for the average layman.

ocument #104

Sports and Exercise for People with
Diabetes: Selected Annotations

By

National Diabetes Information Clearinghouse

UBLISHER: DHHS - NIH

EFERENCE NO.: NIH 81-2179

VAILABLE FROM: National Institutes of Health
Bethesda, MD 20205

OST: Single copy free

YPE OF MATERIAL: Brochure

NTENDED READERS: Both Sexes, Parents

HYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

ESCRIPTION:

aterial presents some factual information.

actual material is up to date relative to other materials on the subject.

aterial provides some references or resources for further exploration.

eadability level: 12

omprehensiveness rating: 2 = presents an adequate amount of information
(i.e., enough for basic understanding).

umerous recommendations to improve health are included.

opy type (size, boldness) is easy to read throughout.

his booklet provides an annotated bibliography of publications about exer-
ise, recreation, fitness, and athletics for diabetics. The bibliography
ncludes print and non-print resources directed at both diabetics and profes-
ionals in health and recreation.

Document #105

Sports Injuries in Children

PUBLISHER: Hoffman-LaRoche, Inc.

REFERENCE NO.: RGS 634-80

AVAILABLE FROM: Public Affairs and Planning Division
Public Relations Department
Hoffman-LaRoche, Inc.
340 Kingsland Street
Nutley, NJ 07110

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Parents

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercises - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet explains the dangers of improperly supervised and over strenuous athletic activity among children. Specific problems and injuries that result from common training errors or playing techniques are delineated. Guidelines for proper conditioning of young athletes and for prevention of future injuries and defects are emphasized here.

Document #106

Stay Well Series: Exercise

PUBLISHER: Metropolitan Life Insurance Company

REFERENCE NO.: T-18540 (10-79)

AVAILABLE FROM: Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010

COST: Single copy free

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Using a question-and-answer format, this brochure provides basic information on fitness and exercise. Aerobic, anerobic, isometric, and isotonic exercises are described and explained. Group exercise as a means of keeping fit and controlling weight are also discussed. A useful section describing and illustrating exercises to reduce tension is an attractive part of the publication.

Document #107

Staying Well - Your Responsibility

PUBLISHER: Health Insurance Institute

REFERENCE NO.: 1238, 1980

AVAILABLE FROM: Health Insurance Institute
1850 K Street, N.W.
Washington, DC 20002

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol; Nutrition - general; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses good health as it relates to general happiness and well-being. It includes tips on proper exercise, nutrition, weight control, smoking, and drinking. In addition, there is a brief section on lifestyles and habits which can lead to a longer and healthier life, e.g., sleep patterns, stress avoidance, attitude modification. The overall tone of this booklet stresses the individual's responsibility for his own health.

Document #108

Stress

By

Dr. George S. Everly, Jr. and

Daniel Dirdano

PUBLISHER: U.S. Department of Health, Education, and Welfare, Public Health Service

REFERENCE NO.: No. (PHS) 79-50097

AVAILABLE FROM: Bureau of Health Promotion and Protection
Utah State Department of Health
P.O. Box 2500
Salt Lake City, UT 84110

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults, All Ages

PHYSICAL FITNESS CONTENT AREA: Stress - coping

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

No specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

Four stress tests are presented in this brochure. Part One tests the reader's frustration level; Part Two tests tendency to take on excessive work or responsibility; Part Three tests for specific stress-reducing personality traits; and Part Four tests ability to cope effectively with stress. The tests are clearly explained, simply designed, and easily self-administered.

Document #109

Super Heart: A Heart Disease Intervention Program for Young Children

PUBLISHER: SUNY College at Cortland

AVAILABLE FROM: New York State Department of Education
Albany, NY 12234

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Adults

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes a curriculum designed for elementary school-aged children that gives instruction in cardiovascular health. The history, content, and costs are described. Also, the pamphlet contains photographs of children while they are participating in program activities. A step-by-step procedure for replicating the Super Heart program is provided.

Document #110

Take the Time: A Guide to Fitness for the Working Woman

By

The President's Council
on Physical Fitness and Sports

PUBLISHER: The California Raisin Advisory Board

REFERENCE NO.: CO-236, 1980

AVAILABLE FROM: California Raisin Advisory Board
P.O. Box 5335
Fresno, CA 93755

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Females, Both Sexes, Parents/Adults, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Nutrition - general; Physical Fitness/ Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovasuclar system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet, published by the California Raisin Adivsory Board, stresses exercise and nutrition as they relate to general good health. It includes sections on the four food groups, calories and weight control, and food components such as protein, carbohydrates, fats, vitamins and minerals. There is a general discussion of the benefits of exercise and the proper approach to finding the right exercise program, beginning it, and maintaining it. Four broad categories of exercise are discussed: cardiovascular conditioning, flexibility, muscular endurance, and muscular strength. Brief mention is made of the need for "fitness after fifty."

Document #111

Target: Physical Fitness ... A Healthier Lifestyle for Pennsylvanians

By

Governor's Council on Physical Fitness
and Sports (Pennsylvania)

PUBLISHER: Governor's Council on Physical Fitness and Sports (Pennsylvania)

REFERENCE NO.: H 502.626P, Rev. 10-78

AVAILABLE FROM: Governor's Council on Physical Fitness and Sports
Room 932, Health and Welfare and Building
P.O. Box 90
Harrisburg, PA 17120

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 16

Comprehensiveness rating: 1 = presents minimal information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure promotes Pennsylvania's Governor's Council on Physical Fitness and Sports. It explains simply and briefly the relationship between increased longevity and regular participation in a physical fintess program. It briefly aruges for improved productivity and quality of life for both children and adults who are physically fit.

Document #112

Tensions — And How to Measure Them

By

George Stevenson, MD and Harry Milt

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: 305

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Stress - general, headaches, coping mechanisms

DESCRIPTION:

Material presents some factual information.

Factual material is up-to-date relative to other materials on the subject.

Material provides no references or resources for further explanation.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (enough for basic understanding)

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses the mental hazards and stresses of modern living. The author puts causes of tension and anxiety into perspective socially, showing causes arising from the paradoxes of modern society and problems resulting from poor child-rearing practices such as over-protection of or over attention to a child. Suggestions for controlling tension, bad moods, feelings of inferiority, anger, and other negative personality traits are also included.

Document #113

The Time in Your Life

PUBLISHER: Action for Independent Maturity

REFERENCE NO.: AIM/GB 1506 (879)65M

AVAILABLE FROM: Action for Independent Maturity
1909 K Street, N.W.
Washington, DC 20049

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, Senior Citizens

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This booklet discusses use of time during retirement years. It emphasizes recreational and athletic activities as well as socially and intellectually constructive activities. An initial test of interests is followed by specific suggestions on how to satisfy specific interests and attitudes. Readers interested in improving the quality of their lives during retirement years should find this publication quite helpful and specific.

Document #114

Understand Your Heart

By

Theodore Irwin

PUBLISHER: Public Affairs Committee

REFERENCE NO.: 1974, 1979 (Public Affairs Pamphlet NO. 514)

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - obesity, cholesterol; Stress; Physical Fitness/Exercise - health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet explains clearly the workings and diseases of the heart. Having defined the common heart ailments, it explains the effect on cardiac health of several risk factors, among them, heredity, smoking, obesity, diet, lifestyle, personal health habits. Presenting the danger signals of and first aid for heart attack adds to the level of usefulness of this usefulness of this publication for practically every adult reader.

Document #115

The Utah Seniors' Physical Fitness Awards Program

By

Jackie A. Smith

PUBLISHER: Utah Senior Olympic Committee
Utah Division of Aging

AVAILABLE FROM: Bureau of Health Promotion and Protection
Utah State Department of Health
P.O. Box 2500
Salt Lake City, UT 84110

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Senior Citizens, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure presents guidelines and requirements for earning a Utah Senior's Physical Fitness Award. A brief fitness readiness test and warnings about fitness readiness and development of stamina precede the actual test, or "activity chart." The brochure presents guidelines for achievement of a healthy, safe level of fitness, providing instructions of the taking and use of pulse rate. The activities are simple and are directed toward continued participation in a fitness program.

Document 0116

Walk to Better Health

PUBLISHER: Blue Cross/Blue Shield

AVAILABLE FROM: Local Blue Cross/Blue Shield Plan

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness, health cost/benefits, cardiovascular system, blood pressure

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes a physical fitness activity that is inexpensive and that requires no special equipment or expertise — Swedish walking. The warm-up for beginning each walk is illustrated with photographs of an elderly man going through the warm-up paces. The proper way to embark on and develop within the program is also described. Fitness readiness and standards are provided in simple tables.

Document #117

Walking As An Exercise

PUBLISHER: Illinois Governor's Council on Health and Fitness

REFERENCE NO.: 22077-5M-11-80

AVAILABLE FROM: Illinois Governor's Council on Health and Fitness
535 West Jefferson
Springfield, IL 62706

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This short pamphlet gives basic tips on walking as an exercise. It describes the benefits of walking as a means to achieve better health. There is a chart which provides some relative distances and times as goals for a walking program.

Document #118

Walking for Exercise and Pleasure

PUBLISHER: President's Council on Physical Fitness and Sports

AVAILABLE FROM: President's Council on Physical Fitness and Sports
400 6th Street, S.W., Suite 3030
Washington, DC 20201

COST: Single copy $1.00

TYPE OF MATERIAL: Brochure

INTENDED READERS: All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

No material provides references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet describes walking as "an exercise for all ages," a form of exercise which requires no special training, skills or equipment. The fitness benefits of walking—in terms of weight control, endurance and cardiovasuclar health—are compared with those of other activities to illustrate that walking, while not a "total" exercise, is a very good basic foundation for physical fitness. The pamphlet also includes a series of warm-up and conditioning exercises which walkers should do to prevent injury and to complement the benefits of walking. Information on the Presidential Sports Awards is included.

Document #119

Watch Your Blood Pressure!

By

Theodore Irwin

PUBLISHER: Public Affairs Committee, Inc.

REFERENCE NO.: Public Affairs Pamphlet No. 483B, 1972, rev. 1980

AVAILABLE FROM: Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

COST: Single copy $ .50

TYPE OF MATERIAL: Brochure

INTENDED READERS: Pregnant Females, Senior Citizens, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Smoking; Nutrition - general, obesity; Stress

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet presents a thorough discussion of hypertension — its causes, prevention, treatment, and diagnosis. It suggests common-sense, easily adaptable measure of controlling or preventing the disease. In addition, an explanation of specific physiological changes that occur when hypertension-inducing factors are introduced makes this presentation a professional and convincing one.

Document #120

The Way to Fitness

PUBLISHER: Rhode Island Department of Health

REFERENCE NO.: June 1981

AVAILABLE FROM: Department of Health
Cannon Bldg.
75 Davis Street, Room 103
Providence, RI 02908

COST: Single copy $ .25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Pregnant Females, Parents, Senior Citizens, All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Stress; Physical Fitness/Exercise -fitness standards, fitness readiness, health cost/benefits, cardiovascular system

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet provides practical suggestions for getting in shape. There is a chart that shows how to measure your fitness using pulse and heart rate. Courses of actions are recommended for the general populations, as well as the elderly, disabled, heart attack victims, and diabetics. There are illustrations of exercises for pregnant women and for sedentary personalities. Suggestions about exercising at home, with family members, and at work make this a highly usable guide to getting fit for practically anybody.

Document #121

The Way to a Man's Heart: A Fat-Controlled Meal Plan to Reduce the Risk of Heart Attack

PUBLISHER: American Heart Association

REFERENCE NO.: 51-018A, 1972

AVAILABLE FROM: American Heart Association
7320 Greenville Avenue
Dallas, TX 75231

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - obesity, cholesterol; Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 14

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This fold-out leaflet provides basic information about cholesterol and fat. It provides helpful definitions of frequently heard, though commonly misunderstood terms like "saturated fats," "polyunsaturated fats,", and "hydrogenation." It shows the relationship between fats and blood cholesterol. A number of useful suggestions together with an attractive 14 by 16 inch wall chart combine to make this an easy-to-follow guide to dietary change.

Document #122

The Way We Eat

PUBLISHER: The Office of Nutrition Service, Rhode Island Department of Health

REFERENCE NO.: September 1979

AVAILABLE FROM: Rhode Island Department of Health
Cannon Bldg., Room 103
75 Davis Street
Providence, RI 02908

COST: Single copy $.25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity, cholesterol; Physical Fitness/Exercise

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 11

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is packed with useful charts and tips to guide the reader interested in improving his nutritional habits. It has charts for fast-food calorie counting and suggestions for brown-baggers and breakfast haters. Charts make it easy to exchange unwise supermarket selections for nutritionally sound ones. Low cholesterol food substitutions also are charted. The reader is shown how to rate his or her eating habits, how to balance meals, even how to use weight charts. For cooks, there is a chart for nutritionally upgrading recipes.

Document #123

The Way We Live

PUBLISHER: The Rhode Island Department of Health

REFERENCE NO.: July 1977

AVAILABLE FROM: Department of Health
Cannon Bldg., Room 103
75 Davis Street
Providence, RI 02908

COST: Single copy $ .25

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, All Ages, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol, abuse; Nutrition - cholesterol; Stress - general; Physical Fitness/Exercise - health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 14

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet advocates a preventive approach to personal health. It focuses on the disadvantages of indolence, heavy consumption of alcohol, and poor nutrition habits. It stresses the dangers of smoking, consuming high amounts of cholesterol, and overusing over-the-counter and prescription drugs. A number of impressive statistics and seven rules for sensible living are provided to emphasize the need for a well-balanced, moderate lifestyle.

Document #124

We're Glad You Asked About the Take
Fitness to Heart Program

PUBLISHER: Blue Cross/Blue Shield

AVAILABLE FROM: New York State Department of Education
Albany, NY 12234

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This brochure briefly advances the cause of fitness, then proceeds to explain the 15-week program of worksite fitness, the "Take Fitness to Heart" program. It cites as an advantage of participating in the program the documented result of participant's continuing to practice what they learned in the program long after the 15-week period elapsed.

Document #125

What Every Person Should Know About The
New Physical Education

By

American Alliance for Health, Physical Education,
Recreation, and Dance

PUBLISHER: American Alliance for Health, Physical Education,
Recreation, and Dance

AVAILABLE FROM: AAHPERD Publications
1900 Association Drive
Reston, VA 22091

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, fitness readiness

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 13

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This leaflet examines the evolution in thinking among physical education and recreation professionals. It advocates physical education as an indispensable part of every school system and community's body of services. The leaflet particularly encourages looking at fitness as recreation that can benefit family relationships as well as individual well-being, rather than fitness as a preventive medicine device.

Document #126

What Parents and Coaches Should Know About Youth Sports

By

Jerry R. Thomas, editor

PUBLISHER: Alliance for Health, Physical Education, Recreation, and Dance

REFERENCE NO.: 245-26410

AVAILABLE FROM: AAHPERD Publications
1900 Association Drive
Reston, VA 22091

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This leaflet, itself a useful guide, is an abstract of a larger work published by the AAHPERD, titled "Youth Sports Guide for Coaches and Parents." The leaflet itself presents a number of broad considerations that parents, coaches, and community groups should be aware of when working with youth athletics. Healthy coaching principles, healthy spectator and parental attitudes, pitfalls of overenthusiasm are among the items outlined here.

Document #127

What You Should Know About Stroke and Stroke Prevention

By

Arthur Ancowitz, MD

PUBLISHER: USDHEW - Public Health Service

REFERENCE NO.: 79-1090

AVAILABLE FROM: Public Documents Distribution Center
Pueblo, CO 81009

COST: Free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both All Sexes

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs; Stress - coping mechanisms; Physical Fitness/Exercise - cardiovascular system, blood pressure.

DESCRIPTION :

Material presents some facutal information.

Factual material is up-to-date relative to other materials on the subject.

Material provides a great deal of references or resources for further explanation.

Readability level: 13

Comprehensiveness rating: 1 = presents minimal information

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet discusses strokes — the definition, causes, and results. It presents a description of likely candidates for stroke, including risk factors for each. Warning signs, preventive measures including health habits, and an explanation of the varying opportunities for rehabilitation of stroke victims give the reader a basic understanding of strokes, stroke research, and stroke therapy.

Document #128

You and Your Headaches

By

Dr. Seymour Diamond

PUBLISHER: McNeil Consumer Products Company

REFERENCE NO.: PM107, March 1980

AVAILABLE FROM: McNeil Consumer Products Company
Fort Washington, PA 19034

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Parents/Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Smoking; Alcohol and Other Drugs - alcohol; Nutrition - general; Stress - headaches; Physical Fitness/Exercise - health cost/benefits, asthma

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet deals primarily with headaches—their symptoms, causes and remedies. The most-discussed type (and the commonest) is the muscle-contraction or "tension" headache. Also discussed are migraines, and cluster-, hypertensive-, and toxic headaches. Alcohol, cigarettes, and food additives are among the causes described. Exercise is mentioned as a way to provide relaxation and reduce tension, thus decreasing the likelihood or severity of catain types of headaches. The pros and cons of acetaminophen/aspirin are reported.

Document #129

You and Your Health

PUBLISHER: Metropolitan Life Insurance Company

REFERENCE NO.: 585LW (6-73)

AVAILABLE FROM: Health and Welfare Division
Metropolitan Life Insurance Co.
One Madison Avenue
New York, NY 10010

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - fitness standards, health cost/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 12

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet attempts to cover both health habits and preventive medicine. In addition to advocating a healthy, active, moderate lifestyle, it provides a great deal of information on how to use a number of different types of health agencies for treatment, disease prevention, and counseling. While the basics of diet, exercise, drug and alcohol abuse, and stress are presented, this pamphlet's focus is on health care providers.

Document #130

You and Your Heart

PUBLISHER: Channing L. Bete Co.

REFERENCE NO.: 1970-11237-4-81

AVAILABLE FROM: Channing L. Bete Co. Inc.
South Deerfield, MA 01373
(800) 638-7733

COST: Single copy free

TYPE OF MATERIAL: Brochure

INTENDED READERS: Adults, Both Sexes

PHYSICAL FITNESS CONTENT AREA: Physical Fitness/Exercise - cardiovascular system

DESCRIPTION:

Material presents some factual information.

Factual material is up to date relative to other materials on the subject.

Material provides no references or resources for further exploration.

Readability level: 6

Comprehensiveness rating: 2 = presents an adequate amount of information (i.e., enough for basic understanding).

Numerous recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This easy-to-read pamphlet describes reasons for and causes of heart disease and heart attack. The many statistics and facts are supplemented by useful, often entertaining illustrations. Specific measures for preventing heart disease are recommended: diet and weight control, regular exercise, regular medicine supervision, and avoidance of stress and tobacco use. This pamphlet is interesting and should motivate the average reader.

Document #131

You and Your Weight

PUBLISHER: Channing L. Bete, Co., Inc.

REFERENCE NO.: 1979, 1215A-10-79

AVAILABLE FROM: Channing L. Bete Co., Inc.
South Deerfield, MA 01373
(800) 628-7733

COST: Single copy $.39

TYPE OF MATERIAL: Brochure

INTENDED READERS: Both Sexes, All Ages

PHYSICAL FITNESS CONTENT AREA: Nutrition - general, obesity; Physical Fitness/Exercise - health costs/benefits

DESCRIPTION:

Material presents a great deal of factual information.

Factual material is up to date relative to other materials on the subject.

Material provides some references or resources for further exploration.

Readability level: 10

Comprehensiveness rating: 3 = presents extremely detailed information.

Numerous specific recommendations to improve health are included.

Copy type (size, boldness) is easy to read throughout.

This pamphlet is directed at the overweight individual. Practical suggestions, accompanied by entertaining illustrations, for getting on and maintaining a sensible weight loss program are featured here. A few short, simple charts are presented to aid a person who wishes to embark on a weight loss program of diet and exercise.

SECTION THREE: Cross-Reference by Distributor

Action for Independent Maturity
Public Affairs
1909 K Street, N.W.
Washington, DC 20049

Dynamic Fitness - Document #28

The Time in Your Life - Document #113

AETNA Life and Casualty
151 Farmington Avenue
Hartford, CT 06115

Bicycle Safety - Document #15

Amateur Athletic Union of the United States
3400 West 86th Street
Indianapolis, IN 46268

AAU/USA Junior Olympics Handbook: Guidelines for the Junior Olympic Program - Document #1

American Alliance for Health, Physical Education, Recreation, and Dance
1900 Association Drive
Reston, VA 22091

What Every Person Should Know About the New Physical Education - Document #125

What Parents and Coaches Should Know About Youth Sports - Document #126

American Heart Association
National Center
7320 Greenville Avenue
Dallas, TX 75231

"E" is for Exercise - Document #29

Reduce Your Risk of Heart Attack - Document #97

The Way to a Man's Heart: A Fat-Controlled Meal Plan to Reduce the Risk of Heart Attack - Document #121

American Medical Association
Department of Health Education
P.O. Box 821
Monroe, WI 53566

The ABCs of Perfect Posture - Document #2

The Asthamtic Athlete - Document #8

Basic Bodywork ... for Fitness and Health - Document #9

Diabetic Athlete - Document #25

Fit for Fun - Document #39

Guide to Prescribing Exercise Programs - Document #54

Healthy Approach to Slimming - Document #61

Medical Evaluation of the Athlete-A Guide - Document #81

American Medical Association Auxiliary, Inc.
535 North Dearborn Street
Chicago, IL 60610

Shape up for Life - Document #9101

Beckman Instruments, Inc.
Electronic Instruments Division
3900 River Road
Schiller Park, IL 60176

The Heart and Lungs at Work: Primer at Exercise Physiology - Document #62

Best Foods, CPC International, Inc.
Nutrition Information Service
Box 307
Coventry, CT 06238

Beyond Diet ... Exercise Your Way to Fitness and Heart Health - Document #14

The Fitness Connection - Document #43

Four Keys to a Healthy Heart - Document #48

Shaping Up for the Long Run - Document #102

Blue Cross/Blue Shield
Communications Department
676 St. Clair
Chicago, IL 60611

Help Yourself - Document #63

Blue Cross/Blue Shield
Local Blue Cross/Blue Shield Plan

Feel Better - Document #37

Food and Fitness - Document #46

Health Works - It's Up to You - Document #60

Put Some Pep in Your Step - Document #95

Walk to Better Health - Document #116

Blue Cross/Blue Shield of Greater New York
3 Park Avenue
New York, NY 10016

Health Education Center - Document #57

California Raisin Advisory Board
P.O. Box 5355
Fresno, CA 93755

Take the Time: A Guide to Fitness for the Working Woman - Document #110

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

How to Stop Smoking - Document #69

The Joy of Jogging - Document #73

Physical Fitness and Your Heart - Document #86

You and Your Heart - Document #130

You and Your Weight - Document #131

Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

Do It Yourself Heart Exercise Diary - Document #26

Go, Go, Go, Go: An Exercise Program for Healthy People - Document #50

Go Junior Fitness Program - Document #51

Connecticut Mutual Life Insurance Company
Public Relations Department
140 Garden Street
Hartford, CT 06115

Run for Life - Document #98

Connecticut State Department on Aging
80 Washington Street
Hartford, CT 06115

Life is Movement - Document #77

Florida Citrus Commission
Florida Department of Citrus
P.O. Box 148
Lakeland, FL 33802

How to Shape Up ... And Keep in Shape ... - Document #68

Physical Fitness and Nutrition for the Athlete - Document #91

Health Evaluation and Longevity Planning Foundation
7300 4th Street, Suite 203
Scottsdale, AZ 85251

H.E.L.P. - Document #56

BEST COPY

Health Insurance Institute
1850 K Street, N.W.
Washington, DC 20006

Staying Well - Your Responsibility - Document #107

Health Style
Box 47
Washington, DC 20044

Health Style: A Self-Test - Document #59

Hoffmann-LaRoche, Inc.
Public Affairs and Planning Division
Public Relations Department
340 Kingsland Street
Nutley, NJ 07110

Sports Injuries in Children - Document #105

Hogg Foundation for Mental Health
The University of Texas
Austin, TX 78712

A Conversation with Helen C. Spear on Stress - Document #22

Illinois Governor's Council on Health and Fitness
535 West Jefferson
Springfield, IL 62706

Exercise for Office Workers - Document #35

Good Health - Exercise/Nutrition - Document #52

Walking as an Exercise - Document #117

Iowa Commission on Aging
415 Tenth Street
Des Moines, IA 50319

Exercises for the Elderly - Document #34

Kansas Department of Health and Environment
Topeka, KS 66620

Add P.L.U.S. to Your Life - Document #4

Kansas PLUS Program - Document #74

Kellogg Company
Public Affairs Department
235 Porter Street
Battle Creek, MI 49016

Fitness Focus: A Nutrition and Physical Fitness Unit - Document #44

Kraft, Inc.
Consumer Affairs Department
Chicago, IL 60690

Guidelines to Good Health - Document #55

Library of Statutory Distribution Service
Department #76
Washington, DC 20401

The Fitness Challenge ... In the Later Years: An Exercise Program for Older Americans - Document #42

Maryland State Department of Health and Mental Hygiene
201 W. Preston Street
Baltimore, MD 21201

Good Health: The Rules of the Game - Document #53

Join the Active People Over 60 - Document #72

McNeil Consumer Products Company
Fort Washington, PA 19034

You and Your Headaches - Document #128

Medical Times
80 Shore Road
Port Washington, NY 11050

How Different Sports Rate in Promoting Physical Fitness - Document #66

Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010

Stay Well Series: Exercise - Document #106

You and Your Health - Document #129

National Association for Human Development
1750 Pennsylvania Avenue, N.W.
Washington, D.C. 20006

Basic Exercises for People Over Sixty - Document #10

Exercise - Activity for People Over Sixty - Document #31

Moderate Exercises for People Over Sixty - Document #83

National Dairy Council
Local Dairy Council

A Boy and His Physique - Document #17

Coronary Heart Disease: Risk Factors and the Diet Debate - Document #23

A Girl and Her Figure - Document #49

National Heart, Lung, and Blood Institute
Information Office
9000 Rockville Pike
Bethesda, MD 20205

Exercise and Your Heart - Document #33

High Blood Pressure - Document #64

National Institutes of Health
Bethesda, MD 20205

Sports and Exercise for People with Diabetes - Selected Annotations - Document #104

National Jogging Association
2420 K Street, N.W.
Washington, DC 20037

Aches and Pains of Running - Document #3

Knee Pain and the Runner - Document #76

New York State Department of Education
Albany, NY 12234

Super Heart - Document #109

We're Glad You Asked about the TAKE Fitness to Heart Program - Document #124

New York State Department of Health
Albany, NY 12237

All Men and Women - Document #6

North Dakota Division of Health Education
Bismark, ND 58501

Fit for Life - Document #40

Occidental Life Insurance Company of California
Advertising Department
Terminal Annex
Box 2102
Los Angeles, CA 90051

Exercise Your Right to Live - Document #35

Ohio Department of Health
Health Education
P.O. Box 118
Columbus, OH 43216

A Self Appraisal Checklist for School Health Programs - Document #100

Pacific Mutual Life Insurance Company
700 Newport Center Drive
Box 9000
Newport Beach, CA 92660

PRS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

Foot Owner's Manual: A Guide to Good Foot Care - Document #47

Knee Owner's Manual: A Guide to the Care and Treatment of the Problem Knee - Document #75

Neck Owner's Manual: A Guide to the Care and Treatment of Common Neck Problems - Document #84

Shoulder Owner's Manual: A Guide to the Care and Treatment of Common Shoulder Problems - Document #103

Pennsylvania Department of Health
Health Communications
P.O. Box 90
Harrisburg, PA 17120

Physical Fitness for Office Workers - Document #92

Pennsylvania Governor's Council on Physical Fitness and Sports
Health and Welfare Building
Room 932
P.O. Box 90
Harrisburg, PA 17120

Target: Physical Fitness, A Healthier Lifestyle for Pennsylvanians - Document #111

President's Council on Physical Fitness and Sports
400 6th Street, S.W.
Suite 3030
Washington, DC 20201

Building a Healthier Company - Document #18

Fitness in the Workplace: A Handbook on Employee Programs - Document #45

An Introduction to Physical Fitness - Document #71

Physical Education: A Performance Checklist - Document #89

School Physical Fitness Programs: What You Should Know ... How You Can Help - Document #99

Walking for Exercise and Pleasure - Document #118

Public Affairs Committee, Inc.
Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

Better Health in Later Years - Document #13

Health Hazard Appraisal - Clues for a Healthier Lifestyle - Document #58

Light on Your Feet - Document #78

Living with a Heart Ailment - Document #80

Overweight - A Problem for Millions - Document #88

Recreation for Disabled Persons - Document #96

Tensions - And How to Master Them - Document #112

Understand Your Heart - Document #114

Watch Your Blood Pressure! - Document #119

Public Documents Distribution Center
Pueblo, CO 81009

Cellulite: Hard to Budge Pudge - Document #20

Hocus-Pocus As Applied to Arthritis - Document #65

How to Cope with Arthritis - Document #67

Medicine for the Layman - Heart Attacks - Document #82

On Making it Through the Night - Document #86

What You Should Know About Stroke and Stroke Prevention - Document #127

Rhode Island Department of Health
Cannon Building, Room 103
75 Davis Street
Providence, RI 02908

The Way to Fitness - Document #120

The Way We Eat - Document #122

The Way We Live - Document #123

U.S. Department of Agriculture
Cooperative Extension Service
Colorado State University
Fort Collins, CO 805231

Eating and Your Heart... A Program for Change! - Document #30

U.S. Government Printing Office
Superintendent of Documents
Washington, DC 20402

Adult Physical Fitness - Document #5

Aqua Dynamics: Physical Conditioning through Water Exercises - Document #7

Bicycling for Everyone - Document #16

Children and Youth in Action Physical Activities and Sports - Document #21

Exercise and Weight Control - Document #32

Fire Service Physical Fitness Programs - Document #38

Fitness and Work Capacity - Document #51

Hocus-Pocus As Applied to Arthritis - Document #65

Implications of Title IX for Postsecondar Physical Education and Athletic Personnel - Document #70

Living Well: An Introduction to Health Promotion and Disease Prevention - Document #79

Nutrition and Your Health: Dietary Guidelines for Americans - Document #85

One Step at a Time: An Introduction to Running - Document #87

Physical Fitness Program - Document #93

The Physically Underdeveloped Child - Document #94

The University of the State of New York
Education Program
Bureau of Continuing Education Curriculum
Development
Albany, NY 12234

Design for Heart Disease Prevention Programs - Document #24

Cardioenergetics - Document #19

Utah State Department of Health
Bureau of Health Promotion and Protection
P.O. Box 2500
Salt Lake City, UT 84110

Be Choosy: Pick a Lifestyle That Really Works for You - Document #11

Be Wise: Choose a Healthy Lifestyle! 12 Preventive Measures for a Longer Life - Document #12

Stress - Document #108

The Utah's Seniors' Physical Fitness Awards Program - Document #115

All Ages/Both Sexes

AAU/USA Junior Olympics Handbook: Guidelines for the Junior Olympics Program - Document #1

The ABCs of Perfect Posture - Document #2

The Asthmatic Athlete - Document #8

Basic Bodywork ... For Fitness and Health - Document #9

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Design for Heart Disease Prevention Programs - Document #24

Diabetic Athlete - Document #25

Do It For Your Heart Exercise Diary - Document #26

Do You Know How Much You Should Weigh? - Document #27

Dynamic Fitness - Document #28

"E" Is for Exercise - Document #29

Eating and Your Heart ... A Program for Change! - Document #30

Exercise Your Right to Live - Document #35

Food and Fitness - Document #46

Foot Owner's Manual: A Guide to Good Foot Care - Document #47

Four Keys to a Healthy Heart - Document #48

Go! Go! Go! Go! An Exercise Program for Healthy People - Document #50

Good Health - Exercise/Nutrition - Document #52

Good Health - The Rules of the Game - Document #53

Guide to Prescribing Exercise Programs - Document #54

Guidelines to Good Health - Document #55

H.E.L.P. - Document #56

Health Works - It's Up to You - Document #60

How Different Sports Rate in Promoting Physical Fitness - Document #66

How to Cope with Arthritis - Document #67

The Joy of Jogging - Document #83

Knee Owner's Manual: A Guide to the Care and Treatment of the Problem Knee - Document #75

Light on Your Feet - Document #78

Living Well: An Introduction to Health Promotion and Disease Prevention - Document #79

Medical Evaluation of the Athlete-A Guide - Document #81

Medicine for the Layman - Heart Attacks - Document #82

Nutrition and Your Health: Dietary Guidelines for Americans - Document #85

One Step at a Time: An Introduction to Running - Document #87

Overweight - A Problem for Millions - Document #88

Put Some Pep in Your Step - Document #95

Recreation for Disabled Persons - Document #96

Reduce Your Risk of Heart Attack - Document #97

Shape Up for Life - Document #101

Shaping Up for the Long Run - Document #102

Shoulder Owner's Manual: A Guide to the Care and Treatment of Common Shoulder Problems - Document #103

Stress - Document #108

Target: Physical Fitness ... A Healthier Lifestyle for Pennsylvanians - Document #111

Tensions - And How to Manage Them - Document #112

Understand Your Heart - Document #114

Walking As an Exercise - Document #117·

Walking for Exercise and Pleasure - Document #118

The Way to Fitness - Document #120

The Way to a Man's Heart: A Fat-Controlled Meal Plan to Reduce the Risk of Heart Attack - Document #121

The Way We Eat - Document #122

The Way We Live - Document #123

What You Should Know About Stroke and Stroke Prevention - Document #127

You and Your Weight - Document #131

Children/Adolescents

AAU/USA Junior Olympics Handbook: Guidelines for the Junior Olympic Program - Document #1

Bicycle Safety - Document #15

A Boy and His Physique - Document #17

Fit for Fun - Document #39

Fitness Focus: A Nutrition and Physical Fitness Unit - Document #44

Foot Owner's Manual: A Guide to Good Foot Care - Document #47

A Girl and Her Figure - Document #49

Go Junior Fitness Program - Document #51

How to Shape Up ... And Keep In Shape ... Document #68

Physical Fitness and Nutrition for the Athlete - Document #90

Elderly

Aqua Dynamics: Physical Conditioning Through Water Exercises - Document #7

Basic Exercises for People Over 60 - Document #10

Cellulite: Hard to Budge Pudge - Document #20

Exercise - Activity for People Over 60 - Document #31

Exercise for the Elderly - Document #34

The Fitness Challenge ... in the Later Years: An Exercise Program for Older Americans - Document #42

Healthy Approach to Slimming - Document #61

Hocus-Pocus As Applied to Arthritis - Document #65

Join the Active People Over 60 - Document #72

Knee Owner's Manual: A Guide to the Care and Treatment of the Problem Knee - Document #75

Life is Movement - Document #77

Living Well: An Introduction to Health Promotion and Disease Prevention - Document #79

Moderate Exercises for People Over 60 - Document #83

Neck Owner's Manual: A Guide to the Care and Treatment of Common Neck Problems - Document #84

On Making It Through the Night - Document #86

Take the Time: A Guide to Fitness for the Working Woman - Document #110

The Time in Your Life - Document #113

The Utah Seniors' Physical Fitness Awards Programs - Document #115

Watch Your Blood Pressure! - Document #119

The Way to Fitness - Document #120

Parents/Adults

AAU/USA Junior Olympics Handbook: Guidelines for the Junior Olympic Program - Document #1

Aches and Pains of Running - Document #3

Add P.L.U.S. to You Life - Document #4

All Men and Women - Document #6

Aqua Dynamics: Physical Conditioning Through Water Exercises - Document #7

The Asthmatic Athlete - Document #8

Building a Healthier Company - Document #18

Cardioenergetics - Document #19

Cellulite: Hard to Budge Pudge - Document #20

Children and Youth in Action: Physical Activities and Sports - Document #21

A Conversation with Helen C. Spear on Stress - Document #22

Diabetic Athlete - Document #25

"E" Is for Exercise - Document #29

Eating and Your Heart ... A Program for Change! - Document #30

Exercise and Weight Control - Document #32

Exercise and Your Heart - Document #33

Exercise for Office Workers - Document #36

Feel Better - Document #37

Fire Service Physical Fitness Programs - Document #38

Fit for Fun - Document #39

Fit for Life - Document #40

Fitness and Work Capacity - Document #41

The Fitness Connection - Document #43

Fitness Focus: A Nutrition and Physical Fitness Unit - Document #44

Fitness in the Workplace: A Handbook on Employee Programs - Document #45

Guidelines to Good Health - Document #55

H.E.L.P. - Document #56

Health Education Center - Document #57

Health Hazard Appraisal - Clues for a Healthier Lifestyle - Document #58

Health Style: A Self-Test - Document #59

Healthy Approach to Slimming - Document #61

The Heart and Lungs at Work: Primer of Exercise Physiology - Document #62

Help Yourself - Document #63

High Blood Pressure - Document #64

Hocus-Pocus As Applied to Parents - Document #65

How to Stop Smoking - Document #69

Implications of Title IX for Postsecondary Physical Education and Athletic Personnel - Document #70

An Introduction to Physical Fitness - Document #71

Kansas Plus Program - Document #74

Knee Pain and the Runner - Document #76

Light on Your Feet - Document #78

Living Well: An Introduction to Health Promotion and Disease Prevention - Document #79

Living with a Heart Ailment - Document #80

Medical Evaluation of the Athlete-A Guide - Document 81

Neck Owner's Manual: A Guide to the Care and Treatment of Common Neck Problems - Document #84

Nutrition and Your Health: Dietary Guidelines for Americans - Document #85

On Making It Through the Night - Document #86

Physical Education: A Performance Checklist - Document #89

Physical Fitness and Your Heart - Document #91

Physical Fitness for Office Workers - Document #92

Physical Fitness Program - Document #93

The Physically Underdeveloped Child - Document #94

Run for Life - Document #98

School Physical Fitness Programs: What You Should Know ... How You Can Help - Document #99

A Self Appraisal Checklist for School Health Programs - Document #100

Sports and Exercise for People with Diabetes: Selected Annotations - Document #104

Sports Injuries in Children - Document #105

Stay Well Series: Exercise - Document #106

Staying Well - Your Responsiility - Document #107

Stress - Document #108

Super Heart: A Heart Disease Intervention Program for Young Children - Document #109

Take the Time: A Guide to Fitness for the Working Woman - Document #110

Walk to Better Health - Document #116

The Way to Fitness - Document #120

The Way We Eat - Document #122

The Way We Live - Document #123

We're Glad You Asked About the Take Fitness to Heart Program - Document #124

What Every Person Should Know About the New Physical Fitness Education - Document #125

What Parents and Coaches Should Know About Youth Sports - Document #126

You and Your Headaches - Document #128

You and Your Health - Document #129

You and Your Heart - Document #130

Females

Cellulite: Hard to Budge Pudge - Document #20

A Girl and Her Figure - Document #49

Take the Time: A Guide to Fitness for the Working Woman - Document #110

Pregnant Females

Living Well: An Introduction to Health Promotion and Disease Prevention - Document #79

Nutrition and Your Health: Dietary Guidelines for Americans - Document #85

Watch Your Blood Pressure! - Document #119

The Way to Fitness - Document #120

Males

A Boy and His Physique - Document #17

Fire Service Physical Fitness Programs - Document #38

How to Shape Up ... And Keep in Shape ... - Document #68

Physical Fitness Program - Document #93

SECTION FIVE: Articles from Selected Periodicals of General Interest

MAGAZINES

Cardiovascular Health

"Avoid a heart attack": exercise program.
Owens, Jesse
Consumers Digest v17 p8(4) Jan-Feb 1978

The best medicine. (preventing coronary disease)
Time v117 p59(1) June 1 1981

Big news from the heart labs. (American Heart Association's eighth science writers' forum)
Lippert, Joan L.
Family Health v13 p12(2) June 1981

Cooper's cohorts run down heart disease. (through exercise)
Rosenfield, Paul
Saturday Evening Post v249 p18(3) Sept 1977

Dead beat.
Family Health v12 p25(1) July-Aug 1980

Do you have a minute to lower your blood pressure? (simple exercise)
Kiveloff, Broino; Huber, Olive; Friedman, Jerry
Prevention v30 p150(4) May 1978

Don't take it easy: you'll live longer. (cardiovascular fitness and longevity)
Jenkins, Thomas M.
Aging p11(1) July-Aug 1978

The electronic jock: a guide to the new exercise gadgets.
Horwich, Richard
Apartment Life v12 p12(4) March 1980

Exercise and your heart.
Consumer Reports v42 p254(5) May 1977

Exercise for a stronger heart: how it's done.
Sherman, Carl
Prevention v32 p69(8) Jan 1980

Heart disease prevention evidence is equivocal: what you conclude depends on your outlook.
Kolata, Gina Bari
Science Digest v85 p79(3) Feb 1979

Heartsounds. (cycling heartbeat monitor)
Kotoske, Karen
WomenSports v3 p41(1) Aug 1981

Hearty exercise.
50 plus v21 p33(2) June 1981

How aerobics can help your heart-and the way you feel.
Cooper, Kenneth H.
Reader's Digest v112 p117(5) Jan 1978

How housework can help your heart.
Newman, Jill
Woman's Day p92(3) May 19 1978

Is vigorous exercise dangerous?
Health Letter v6 p6(1) Feb 1981

Lawsuit points up debate over exercise electrocardiograms.
Kolata, Gina Bari
Science v202 p1175(1) Dec 15 1978

Strengthening the heart
Shealy, C. Norman
New Realities v3 p62(1) Oct 1979

Total exercise: how it affects you ... a cardiologist's view.
Freudmann, Lauren
Vogue v170 p163 May 1980

The warm-up and the cool down: exercises crucial to heart health.
Kuntzleman, Charles
Vogue v170 p125(2) April 1980

Equipment

A full gym in your own home.
Penn, Jean Cox
Los Angeles v24 p164(2) Jan 1979

A great house for a keep-fit family. (includes construction plans for equipment)
Popular Mechanics v150 p62(8) Aug 1978

A portable gym. (child's equipment)
Boy's Life v67 p48(1) May 1977

Baker family in Berkley puts in a back-yard parcourse. (jogging course with exercise stations)
Sunset v164 p106(2) April 1980

Bath exercises to wake up your body.
Weight Watchers v10 p22(2) Jan 1978

Bicycle reviews. (evaluation)
Consumer Guide v274 p80(15) June 1980

The big workout: a man's home is his gymnasium.
Barry, David
Oui v9 p51(3) July 1980

Bike your way to fitness - see the world, and have fun, too!
Seventeen v40 p120(4) June 1981

Bionic (beep beep) health.
Olmstead, Marty
New Realities v3 p16(5) Aug 1979

Bruce Jenner designes a home gym with PM.
McClintock, Mike
Popular Mechanics v147 p50(5) Jan 1977

Can machines exercise for you?
Bennett, William
Vogue v171 p221(1) July 1981

Don't pay attention to any advice on physical fitness ... except this.
(equipment advice)
Gross, Leonard
Playboy v24 p241(14) Dec 1977

Exercise devices. (evaluation)
Consumer Reports v42 p259(6) May 1977

Exercise machines. (six experts evaluate)
Sawyer, Susan G.
Family Health v11 p24(5) Nov-Dec 1979

Fitness by computer.
Mademoiselle v85 p28(1) Jan 1979

For a great new body, lift weights!
Glamour v78 p142(8) July 1980

Gym gems.
Bregman, Lillian
Philadelphia Magazine v68 p91(4) May 1977

Hang-swing-scramble obstacle course built by parents. (school exercise and play apparatus)
Sunset v167 p86(1) Sept 1981

Have fun keeping fit on this homemade 'import.' (backyard parcours exerciser)
Maness, Bill
Popular Mechanics v152 p116(4) Sept 1979

Hot tubs and hot treats: how to stay in shape.
Pearce, Carol Ann
Harper's Bazaar p78(3) Jan 1980

How does a traveler keep in shape? Here is exercise gear that will fit in a suitcase.
Sunset 163 p66(2) Nov 1979

How to pick an exercycle that can really get you somewhere. (evaluation)
Moneysworth v8 p8(2) Feb 1978

Indoor exercise gear. (how to select)
Katch, Frank I.
Mademoiselle v84 p59(1) Dec 1978

Keeping fit: America tries to shape up. (increasing number of exercisers)
Newsweek v89 p78(6) May 23 1977

Lightening your bike - the cheap way. (cycling as exercise)
Smith, David L.
Bicycling v19 p72(2) June 1978

Make an inner tube gym.
Boy's Life v68 p52(2) May 1978

Nautilus: new machines that are muscling in on health.
Neubert, Robert
New Realities v1 p64(6) Feb 1978

New exercise and training machine: an accurate way to monitor cycling performance.
Jow, Richard
Bicycling v20 p20(2) May 1979

One bicycle on rye to go - hold the mayo. (good exercise)
Nass, Alice
Bicycling v20 p48(2) Feb 1979

Pedal your way to physical fitness.
Weber, Dennis O.
Dynamic Years v15 p43(4) Jan-Feb 1980

Pumping iron and dreaming of '10.'
Sheppard, Mary
Macleans v93 p36(1) July 14 1980

The racing exercycle.
Smith, David L.
Bicycling v22 p31(1) Feb 1981

Riding rollers can be fun! (the indoor exercise)
Pixton, John
Bicycling v19 p44(3) Feb 1978

Secrets from a super spa.
Mademoiselle v85 p122(8) Dec 1979

Shape up!
Levy, Maury Z.
Philadelphia Magazine v70 p138(15) April 1979

Something from Sweden in their bathroom. It's a ribbstol.
Sunset v164 p166(1) April 1980

Stationary bikes: how to buy a good one.
Zehner, Harry
Apartment Life v10 p22(1) Dec 1978

Staying fit: doing it at home, a guide to equipment, what you don't need
Marscneck, Larry
Washingtonian v14 p132(6) Jan 1979

Take a closet, make a gym.
House & Garden v151 p104(4) July 1979

Tramp! (trampoline exercise)
Family Health v11 p9(1) March 1979

Weight lifting.
Current Health v7 p10(3) Jan 1981

Weight lifting for women. (slim down shape up)
Mademoiselle v84 p70(2) Sept 1978

What? Exercise and lift weights for cycling?
Weaver, Susan
Bicycling v21 p15(5) Jan-Feb 1980

Women and weights.
Vogue v171 p253(2) April 1981

Working out at home.
Harper's Bazaar p109(1) April 1979

Working out at home. (equipment and interior design)
Slesin, Suzanne
Esquire v89 p77(6) April 11 1978

Executive Fitness/Employee Fitness Program

Advertising exec Chuck Peebler's biggest account is his own physical fitness.
Dunnett, William
Runner's World v16 p108(3) Aug 1981

All work and enough pay keep employees fit.
Tuthill, Mary L.
Nation's Business v67 p82(5) Nov 1979

As companies jump on fitness bandwagon.
US News and World Report v88 p36(4) Jan 28 1980

Board meeting breaks. (exercises you can do)
Consumer Guide v291 p77(6) Jan 1981

Corporate jog. (executives run for exercise)
Olmstead, Marty
San Francisco v19 p28(6) Aug 1977

The corporate shape up. (corporate physical fitness programs)
Hoffman, Greg
WomenSports v1 p24(6) April 1979

Exec-U-Stretch program.
Working Woman v6 p70(1) Jan 1981

Executive overhaul: a workout with coach Dick Woit.
Kolichman, Sandra
New Realities v3 p22(6) Oct 1979

Exercise - more important than ever. (people over 40)
Dynamic Years v15 p47(1) Sept-Oct 1980

Fitness fever: everybody into the company gym.
Levy, Robert
Dun's Review v116 p115(4) Nov 1980

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From boardroom to locker room. (corporation fitness programs)
Time v113 p63(1) Jan 22 1979

How Exxon helps its people exercise.
US News and World Report v88 p39(1) Jan 28 1980

How to make it a habit. (special report: executive fitness)
Templeton, Jane
Sales and Marketing Management v126 p56(4) May 18 1981

Industry's new fringe benefit - help in shaping up
Goebel, Nancy
Dallas Magazine v58 p34(4) Dec 1979

J.C. Penney's exercise trail enjoys wide success.
Parks and Recreation v13 p12(1) Dec 1978

Jaundiced eye: salesman yes but never a pedaller. (special report: executive fitness)
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Just how fit are your employees?
Kreitner, Robert; Wood, Steven D.; Friedman, Glenn M.
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Leslie Buckand is up the wall. (special report: executive fitness)
Sales and Marketing Management v126 p82(1) May 18 1981

Looking good feeling good. (exercises for teachers)
Instructor v89 p116(9) Aug 1979

Making a splash
Costello, John
Nation's Business v69 p93(3) June 1981

National Cash Register Co.'s pioneer physical fitness program.
Dun's Review v116 p155(3) Nov 1980

Office exercises: work out with these on-the-job exercises.
Seventeen v37 p126(1) May 1978

Office-tension alert. (exercises at your desk)
Harper's Bazaar p28(1) Jan 1979

A quickie quiz. (on calories) (special report: executive fitness)
Sales and Marketing Management v126 p75(2) May 18 1981

Running is good for business. (exercise for industrial employees)
Gladis, Stephen
Runner's World v12 p54(3) Sept 1977

Shaping the in-house physical fitness program.
Modern Office Procedures v23 p116(3) Sept 1978

Shaping your in-house physical fitness program.
Zaleski, Helen K.
Industry Week v198 p121(3) Sept 18 1978

The swimming boom.
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Teaching management ... and fitness. (special report: executive fitness)
Elson, Peter R.
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They 'stay well' at Control Data. (special report: executive fitness)
Naditch, Murray P.
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The thrill of victory, the agony the feet
Siegener, Ray
Sales and Marketing Management v121 p42(2) Dec 1978

Time for exercising. (special report: executive fitness)
Meyer, Paul J.
Sales and Marketing Management v126 p67(3) May 18 1981

Top executives high on health and fitness.
Modern Office Procedures v25 p40(1) May 1980

Trimming the corporate waist with fitness programs.
Pyle, Richard L.
Business Horizons v23 p70(3) April 1980

Well, doc, ya ain't no Nadia Comaneci ... (gymnastics is the latest white-collar rage)
Kauffman, Helen; Smith, Matthew
Los Angeles v25 p115(7) May 1980

General Exercise

A.M. exercise: in bed!
Mademoiselle v85 p64(2) July 1979

Abdomen and waist exercises.
Consumer Guide v272 p41(13) July 1980

Abdomen and waist exercises
Kuntzleman, Charles T.
Consumer Guide v317 p41(14) Oct 1981

Academician Alexander Mikulin's health machine.
Kadzhaya, Valeri
Soviet Life p56(3) Sept 1979

Aerobics!: are the perfect exercises.
Essence v11 p84(2) June 1980

Aerobic dancing: a whole new fast & fun way to get in shape.
Mademoiselle v84 p230(2) Nov 1978

The aerobic hustle: simple, vigorous dancing that takes the place of jogging.
Kreiter, Ted
Saturday Evening Post v250 p22(2) Oct 1978

Aerodynamic drag quantifies physical exertion.
Hogan, Brian J.
Design News v35 p52(2) May 7 1979

The after-work exercise break - a thirteen-minute unwinder.
Vogue v169 p208(1) March 1979

The agnostic runner.
Gold, Vic
National Review v30 p1554(2) Dec 8 1981

Alexander sets new army physical training program.
Jet v59 p26(1) Jan 22 1981

Americans on health—good intentions. (health survey)
Science News v115 p293(1) May 5 1979

Appendix A: warm-up and cool-down exercises.
Kuntzleman, Charles T.
Consumer Guide v317 p86(7) Oct 1981

Appendix B: how to regain flexibility. (slimming your hips, thighs, & butt)
Consumer Guide v313 p85(1) Aug 1981

Are we failing fitness? (combat stress with mental and physical fitness)
Slater, Shirley
Forecast for Home Economics v26 p4(91) Feb 1981

Are you fit? It's key to energy, to life.
Vogue v171 p106(1) May 1981

Are you a health hazard? Take our quiz and find out.
Kintzing, Jennifer M.
Mademoiselle v85 p74(4) April 1979

Are you getting the right kind of exercise?
Changing Times v32 p33(4) Jan 1978

Are you in an exercise rut?
Sabol, Blair
Mademoiselle v86 p110(1) Sept 1980

Are you in shape for hunting season?
Netherby, Steve
Field and Stream v82 p148(4) Aug 1977

Are you over-exercising?
Eby, Sheila Mary
Vogue v170 p186(1) March 1980

Are you stretching a point? (bicycling exercises)
Anderson, Bob
Bicycling v22 p56(3) April 1981

Arm exercises.
Consumer Guide v272 p28(7) July 1980

The art of roving. (combined running and walking)
Leonard, Jon N.; Hofer, J.L.; Pritikin, N.
Cosmopolitan v184 p98(8) Feb 1978

Audio Aerobics. (recorded exercise programs)
Hoover, Sue
WomenSports v2 p50(1) June 1980

Automated exercise & weight-loss gimmickry.
Consumer Guide v311 p95(2) July 1981

Avoid the weekend athlete syndrome.
Brennan, Carol; Brennan, Eamon
50 Plus v20 p65(1) Oct 1980

Avoiding the weekend athlete syndrome.
Bradford, Robert; Higdon, Hal
Chicago v27 p132(1) May 1978

Back talk. (exercises for your back)
Murphy, Suzanne
House & Garden v152 p92(2) Oct 1980

Back talk: how to make the other side of you strong and beautiful.
Mademoiselle v87 p167(3) Sept 1981

Balancing the mind and the body. (letter)
Mulvey, James E.; Dreyer, Leslie
New York Times Magazine v129 p135(1) Nov 4 1979

Bare is back ... so what are you doing for your arms & shoulders? (exercise)
De Santis, Mallen
Cosmopolitan v187 p263(3) Dec 1979

Be a fitness champ.
Pryce, Dick
Boy's Life v69 p52(2) May 1979

Be a fitness champ. (children's exercises)
Boy's Life v67 p44(2) May 1977

Be a good sport!
Co-Ed v25 p47(5) May 1980

Beating the boredom. (exercise can be dull)
Sabol, Blair
Viva v5 p29(1) Sept 1978

Beauty at home. (exercises from Slendercises)
Pearlman, Barbara
House Beautiful v123 p40(1) April 1981

Beauty fling. (grooming lesson plan)
Forecast for Home Economics v26 p24(1) March 1981

Beauty in action. (physical fitness)
Lynch, Maureen
Ladies Home Journal v96 p100(6) June 1979

Beauty now - water: refreshing healthful, more important in summer.
Vogue v171 p86(1) July 1981

The beauty of fitness.
Mademoiselle v85 p218(8) Aug 1978

Beauty on the run.
Barron, Gayle
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Beauty shape-ups: now is the time to develop and stick to a healthy beauty routine.
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The beginner's guide to exercise.
Raffel, Dawn
Weight Watchers v14 p59(4) March 1981

Belly dancing: good for the heart, improves sex life, helps lose weight.
Jet v56 p22(2) April 19 1979

The benefits of a balanced exercise plan.
Straley, Carol
Redbook v151 pR6(1) July 1978

The best exercise is walking - or running - from your refrigerator.
Marshall, Myron H.; Cohn-Marshall, Barbara
San Francisco v20 p26(3) April 1978

Better muscles, better bones.
Ogle, Jane
New York Times Magazine v129 p110(1) May 18 1980

Better posture through exercise.
Castleton, Virginia
Prevention v30 p143(6) April 1978

Beware of dangerous exercises.
Consumer Guide v291 p93(2) Jan 1981

Body alive! Relax! (stretching exercise)
Essence v10 p64(1) Sept 1979

The body athletic; our national exercise binge has created a whole new discipline - sports physiology. (column)
Jerome, John
Esquire v93 p17(2) March 1980

The body audit.
Maclay, K.T.
Apartment Life v13 p20(4) Jan 1981

Body bazaar: how to get in great shape.
Harper's Bazaar p68(6) Jan 1979

Body beauty.
Teen v24 p72(2) Jan 1980

Body building through swimming.
Laborde, Errol
New Orleans v14 p65(1) June 1980

Body language. (exercise tips)
Ohlmeyer, Dana
American Girl v59 p24(2) May 1976

Body now. (jogging)
Vogue v168 p58(1) Jan 1978

The body set-up. (physical fitness for motorcycling)
Bomchick, Mark
Cycle v32 p17(2) June 1981

Body '78: Ballet exercises, the perfect conditioner.
Glamour v76 p94(2) Jan 1978

The body shop: chins up!
Weight Watchers v13 p8(1) July 1980

The body shop: walking: a step in the right direction.
Weight Watchers v13 p12(1) Nov 1980

Body talk.
Sabol, Blair
Mademoiselle v86 p116(1) April 1980

Body talk. (co-ed gyms)
Sabol, Blair
Mademoiselle v85 p82(1) June 1979

Body talk: gadgets that promise to change my life (if not my shape).
Sabol, Blair
Mademoiselle v86 p104(1) May 1980

Body talk; what to do when your body gets in a rut.
Sabol, Blair
Mademoiselle v85 p68(1) July 1979

Body talk: who says you have to be perfect?
Sabol, Blair
Mademoiselle v85 p82(1) Sept 1979

Bodycology. (body awareness and physical fitness)
Horn, Jack C.
Psychology Today v14 p34(2) July 1980

The bodyshop: battling a midriff crisis: stomachs in!
Weight Watchers v13 p10(1) Oct 1980

The boom in health clubs.
Louie, Elaine
New York Times Magazine v129 p80(2) Oct 7 1979

The bottom line. (in-flight exercise)
Neumann, Karl
Travel-Holiday v153 p26(4) June 1980

Bottom shapers. (exercises)
Mademoiselle v85 p30(1) Dec 1979

Bring your exercise indoors for the winter.
Young, Nancy
Glamour v77 p188(2) Nov 1979

The buddy stretch system.
Couch, Jean
Runner's World v16 p48(4) May 1981

Buggy beauties. (exercising while pushing a baby carriage)
Consumer Guide v291 p90(3) Jan 1981

Building your body beautiful: women everywhere are learning to pull their own weight with style.
Laiken, Deidre S.
Viva v5 p74(4) March 1978

Builds strong (puff) bodies (groan) 12 ways.
Mazzei, George
Los Angeles v24 p94(8) May 1979

But will they still be running in 1989?
Herman, Hank
Family Health v11 p24(6) April 1979

Calf and ankle exercises.
Consumer Guide v272 p77(6) July 1980

Calf and ankle exercises.
Kuntzleman, Charles T.
Consumer Guide v317 p77(6) Oct 1981

The California workout. (Jane Fonda's exercise class)
Harper's Bazaar p82(4) Jan 1980

"Can I get rid of my potbelly?" Yes!
Smith, Ann
Family Health v12 p41(4) Jan 1980

Celebrity class: Gzowski and friends start shaping up for spring.
Gzowski, Peter
Canadian Magazine p8(2) Feb 24 1979

Chatelaine health guide fitness '79.
Dollery, Eveleen
Chatelaine v52 p50(6) Jan 1979

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Chest and bustline exercises.
Kuntzleman, Charles T.
Consumer Guide v317 p34(7) Oct 1981

Children and sports.
Children Today v10 p28(1) March-April 1981

Children need exercise, too.
Berney, Joan; Riley, Harris D., Jr.
American Baby v39 p52(2) May 1977

Choose the sport that's right for you.
Kevles, Barbara
Harper's Bazaar p117(2) May 1980

Choosing the right exercise. (condensed)
Brody, Jane E.
Reader's Digest v112 p121(3) Jan 1978

Choosing your type of exercise.
Current Health v7 p16(2) April 1981

City fit: how New Rochelle keeps in shape.
Curtis, Joseph
Parks and Recreation v15 p28(8) Dec 1980

A city that's feeling good.
Kinderlehrer, Jane
Prevention v31 p104(5) March 1979

A coach to make you healthier.
Feltman, John
Prevention v30 106(8) Dec 1978

Cold power. (fitness aid)
Edmondson, Jolee
Golf Magazine v20 p31(1) Oct 1978

Cold weather workouts.
Mademoiselle v86 p144(1) Oct 1980

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Smith, David L.
Bicycling v20 p39(2) Feb 1979

Conditioners. (ski exercises)
Seventeen v36 p148(2) Nov 1977

Conditioning for hiking out. (exercise for boating)
Van Collie, Shimon-Crain
Yachting v146 p36(2) Nov 1979

Conditioning: shape up to play your best this summer.
King, Billy Jean; Emerson, Roy
Tennis Magazine v17 p78(3) May 1981

Conditioning with aerobics. (training)
Sattel, James C.
Sail v11 p25(5) April 1980

Confessions of a klutz.
Sabol, Blair
Mademoiselle v87 p44(1) July 1981

The Consumer Guide aerobic dancing program.
Kuntzleman, Beth A.
Consumer Guide v253 p10(5) Winter 1979

Consumer Guide daily dozen exercise programs. (for home and work)
Consumer Guide v291 p16(24) Jan 1981

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Consumer guide figure shaping program.
Kuntzleman, Charles T.
Consumer Guide v317 p9(7) Oct 1981

Consumer Guide new improved flatten your stomach program.
Consumer Guide v311 p9(35) July 1981

Consumer Guide ten minute total shape-up program.
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Controlling calories.
Consumer Guide v311 p93(2) July 1981

A conversation with Norma Leistiko. (teaching Feldenkrais'Awareness Through Movement')
Pierpont, Margaret
Dance Magazine v54 p138(1) May 1980

A convert to conditioning.
Grout, William
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Cosmonauts increase exercise regime in new Salyut mission.
Aviation Week v110 p19(2) April 2 1979

Cosmo's 5-minute exercise routine. (for women who don't exercise)
Cosmopolitan v191 p220(2) Aug 1981

Cosmo's guide to exercise.
Frumkes, Lewis Burke
Cosmopolitan v186 p182(5) Feb 1979

Cross-country ski exercises.
Nicholas, Anna
Weight Watchers v12 p40(2) Dec 1979

Cross-country skiing: winter's wonderland for exercise.
Mosher, Cheryl
WomenSports v1 p36(4) Jan 1979

Cruising and conditioning: Bernadine South with ways to stay in shape out on the water.
South, Bernadine
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Cycling and aging. (ideal lifetime exercise)
Gaston, Eugene A.; Smith, David L.
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Cycling and cross-country skiing.
Cuyler, Lewis
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Cycling: the fun way to fitness.
Bahr, Robert
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Dance connection. (women golfers take aerobic dancing for strength)
Ertel, Grace
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Newman, Julia
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Dance your way to a better figure.
Newman, Jill
Woman's Day p4(3) May 19 1981

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Murphy, Suzanne
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Desk jockeys: it's your job to stay in shape!
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Determinants of health
Shealy, C., Norman
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Benyo, Richard
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Nyad, Diana; Hogan, Candance Lyle
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Weld, Philip S., Jr.
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Dr. Astrand knows runners inside and out. (body's reaction to exercise)
Omholt-Jensen, Jarl
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Dr. Sheehan on running. (running and aging)
Sheenan, George
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The Drs. Frank talk about ... how to make exercising fun.
Frank, Arthur; Frank, Stuart
Mademoiselle v86 p102(1) May 1980

The doers: body works.
Singerman, Philip
Sport v69 p85(1) Dec 1979

Does exercise really prolong life?
Gilmore, C.P.
Reader's Digest v111 p140(4) July 1977

Does sex help you? (physical fitness & energy level)
Hammer, Signe
Mademoiselle v84 p214(3) Oct 1978

Doing your own thing. (aerobic dancing)
Kuntzleman, Beth A.
Consumer Guide v253 p96(1) Winter 1979

Don't get sore, get ready!
Mademoiselle v84 p72(2) Nov 1978

Don't give yourself the chair. (too much sitting a death sentence)
Gottlieb, William
Prevention v32 p109(4) Nov 1980

Don't-just-sit-there exercises.
Miller, Mary Susan
Ladies Home Journal v95 pPS2(2) Oct 1978

Don't just sit there. (isometric exercises)
Mossfeldt, Folke; Miller, Mary Susan
Saturday Evening Post v252 p56(4) Jan-Feb 1980

The do's and don'ts of stretching.
Benjamin, Ben
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Double-time exercise: you can do two things at once!
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Double up to shape up. (exercising)
Mademoiselle v87 p192(2) May 1981

Down the home stretch. (illustration)
Cosmopolitan v190 p292(2) April 1981

Early riser exercises.
Newman, Jill
Woman's Day p72(2) Oct 14, 1980

EASE back into shape.
Kuntzleman, Charles T.
Prevention v33 p146(9) Feb 1981

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Spackman, Robert R. Jr.
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Easy, new stretches to limber up your shoulders and back.
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Eight reasons to get thin and fit.
Young, Nancy
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Boutelle, Jane; Baker; Samm Sinclair
Good Housekeeping v186 p136(5) Feb 1978

Energy extras. (exercise)
Consumer Guide 291 p40(2) Jan 1981

Energy people.
Nevel, Jill
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The essential exercise. (jumping rope)
Sims, Marion
Essence v8 p52(3) Dec 12 1977

Every body can be more beautiful.
Fletcher, Ron; Ebert, Alan
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Levisohn, Steven R.; Simon, Harvey B.
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Exercise and the pill.
Edelson, Edward
Woman's Day p32(1) Aug 11 1981

Exercise basics. (plan instructions)
Marshall, John L.
Vogue v169 p150(3) Jan 1979

Exercise burnout.
Sabol, Blair
Mademoiselle v87 p60(1) Jan 1981

Exercise could be hazardous to your health.
Changing Times v34 p26(4) April 1980

Exercise for bone strength.
Weber, Melva
Vogue v168 p384(2) Oct 1978

Exercise for family fitness.
Prudden, Suzy; Sussman, Jeffrey
Weight Watchers v11 p6(1) Dec 1978

Exercise for good health.
Spink, C.C. Johnson
Sporting News v187 p16(1) May 19 1979

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Mademoiselle v85 p122(2) Feb 1979

Exercise: good, better, best and how to get there. (questions to doctors on sports medicine)
Schoen, Claire
House & Garden v150 p26(3) Dec 1978

Exercise: how much do you need? (interview)
U.S. News and World Report v85 p58(3) Dec 4 1978

"Exercise is not enough". (how athletes fight weight)
Dickey, Glenn
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Exercise: "It ain't watcha do, it's the way that ya do it."
Maness, Bill
Family Health v9 p34(2) April 1977

Exercise keeps them young. (exercise and menstruation)
Science News v116 p104(1) Aug 11 1979

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Uhlaner, Jonathan
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The exercise mystique.
Frank, Arthur; Frank, Stuart
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An exercise plan to help you lose weight. (includes questions and answers)
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Vogue v169 p326(2) Oct 1979

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Exercise: the best bet for better health.
Brody, Jane
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Exercise: the fitness component not for weight-watchers only.
Weaver, Susan
Bicycling v22 p99(3) April 1981

Exercise-the new "high." (psychological and emotional benefits)
Kaplan, Janice
Glamour v76 p248(3) May 1978

Exercise: to be fit, get strong.
Kaplan, Janice
Vogue v170 p251(3) April 1980

Exercise: what's in it for you?
Bioni, Jenny
Teen v24 p38(3) Oct 1980

Exercise with an astronaut. (Anna Fisher demonstrates exercises)
Adams, Jean
Redbook v154 p88(4) Jan 1980

Exercise with your mind on the ball.
Jackson, Paula Rice
House & Garden v151 p34(2) Jan 1979

Exercise your best this summer.
Glamour v76 p130(4) July 1978

Exercise your way to happiness.
Fellman, Bruce
Prevention v33 p68(6) May 1981

Exercises as easy as ABC.
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Exercises for back pain.
Consumer Guide v311 p62(7) July 1981

Exercises for boot pain.
Kilham, Doug
Skiing v32 p64(2) Oct 1979

Exercises for lifelong health and well-being.
Dychtwald, Ken
Prevention v31 p79(10) Jan 1979

Exercises for relaxed travel.
Ransone, Sally
Cosmopolitan v188 p190(1) Feb 1980

Exercises that make you fit for fun.
Mademoiselle v86 p190(4) Nov 1980

Exercises that prevent injuries. (warm-ups for tennis)
King, Billie Jean; Hoffman, Greg
McCall's v105 p68(2) April 1978

Exercises to ease-into-disco
Weight Watchers v12 p48(1) Oct 1979

Exercises to fight middle-age flab.
Castleton, Virginia
Prevention v30 p110(7) Aug 1978

Exercises to help you feel thin.
Rehns, Marsha
Weight Watchers v12 p10(2) Jan 1980

Exercises to make a better sport of you.
Teen v23 p90(2) April 1979

Exercises to stay young-looking.
Prudden, Suzy
Woman's Day p70(3) May 19 1978

Exercises to tighten up the jigglies.
Glamour v77 p142(4) July 1979

Exercises to warm up, cool down.
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Exercises you can do in your car.
David, Jay
Good Housekeeping v188 p74(2) Jan 1979

Exercises your child can share.
McCall's v107 p87(1) Aug 1980

Exercising enters the computer age. (microprocessor plots training program)
Bak, David J.
Design News v36 p90(2) May 5 1980

Exercising: the right plan can prolong your life.
Consumers Digest v17 p32(2) May-June 1978

Exercising slouch away.
Ogle, Jane
New York Times Magazine v130 p52(1) July 26 1981

Exercising your innards: not every good workout requries blood, sweat and tears.
Grossman, Richard
Family Health v12 p34(2) July-Aug 1980

The exercist. (Jack La Lanne)
Farr, Louise
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Exer-skating.
Teen v23 p76(2) Jan 1979

The experts who shape America.
Chesler, Vicki
Harper's Bazaar p130(4) May 1981

The fabulous human machine. (physical fitness)
Pryce, Dick
Boy's Life v71 p46(2) March 1981

Face exercises.
Consumer Guide v272 p16(3) July 1980

Face exercises.
Kuntzleman, Charles T.
Consumer Guide v317 p16(4) Oct 1981

Fads and facts. (physical fitness)
Benzaia, Diana
Harper's Bazaar p100(3) May 1979

Fat burning activity.
Consumer Guide v272 p83(3) July 1980

Fatigue fighters. (exercises)
Consumer Guide v291 p57(5) Jan 1981

Feel better, look better with exercise.
Caufield, Dianna
Parents' Magazine v55 p84(4) Sept 1980

Feeling fit.
Working Woman v4 p39(8) June 1979

Feet: the root of all exercise.
Glamour v77 p115(1) Jan 1979

Female cycling performance. (good exercise)
Smith, David L.
Bicycling v19 p48(1) Nov 1978

Feminine fitness: shaping up after thirty.
Davenport, Diana
Town and Country v131 pB8(1) May 1977

Fencing for fitness, for flexibility, for fun.
Mademoiselle v84 p78(1) Nov 1978

Fifty fresh starts for the new year. (tips to improve life)
Woman's Day p45(2) Jan 23 1979

Figures don't lie. (good exercise)
Thomas, Sandy
Bicycling v19 p61(1) April 1978

Finally found: fun city exericse: the pros of aerobic dancing.
Heil, Jane
Vogue v170 p218(1) Sept 1980

Find your best self by using more sense. (secrets from a famous health spa)
Mazzanti, Deborah S.
Family Health v9 p36(4) Dec 1977

The finished look takes shape. (fitness and fashion)
Vogue v169 p266(6) Feb 1979

Firming your face.
McCall's v108 p14(1) Nov 1980

Firming your figure. (7 day plan)
Consumer Guide v307 p1(95) June 1981

Fiscal fitness. (Jim Everroad)
Glick, Jean Flora
Writer's Digest v60 p18(2) Dec 1980

Fit at any age.
Marshall, John L.
Vogue v171 p251(3) April 1981

Fit, firm & terrific! 5 Texas beauties reveal their easy shape-up secrets.
Harper's Bazaar p100(2) July 1981

Fit by five. (preschool recreation)
Wells, Maureen
Instructor v S. p127(4) Sept 1978

Fit for a Pope (cont'd). (John Paul II's physical exercise activities)
Gelband, Myra
Sports Illustrated v50 p11(1) June 18 1979

Fitness. (dancing)
Mademoiselle v85 p42(1) Nov 1979

Fitness begins at home. (design)
Bethany, Marilyn
New York Times Magazine v129 p122(3) May 4 1980

Fitness, caution and feet.
Consumer News v8 p3(1) May 15 1978

Fitness: the facts and the foolishness.
McCall's v56 p49(5) July 1979

Fitness findings. (survey of American exercise habits)
Sports Illustrated v50 p5(1) Feb 12 1979

Fitness - Fonda style.
Vogue v169 p280(2) Dec 1979

Fitness in flight. (exercise in flight)
Time v110 p53(1) Aug 1 1977

Fitness hazards for sedentary women?
50 Plus v19 p48(1) Sept 1979

The fitness mania. (quest to become physically fit)
U.S. News and World Report v84 p37(4) Feb 27 1978

Fitness for the not so fit - two new trail-courses in San Francisco.
Sunset v166 p6(1) May 1981

Fitness now! (a fashion must)
Vogue v168 p114(10) July 1978

Fitness now: disco shape-up. (exercise)
Nagler, Willibald
Vogue v168 p132(1) Nov 1978

Fitness: the 6 moves to make.
Vogue v169 p232(8) April 1979

Fitness trails: facinatin' rhythms.
Carter, Malcolm N.
Apartment Life v10 p32(2) June 1978

Fitness! What's in it for you.
Mademoiselle v85 p163(1) April 1979

Fitness without jogging. (interviews)
Pollock, Ellen Joan
Ms v8 p43(4) Aug 1979

Fitness your way for cheap. (sports, yoga, dance)
Mademoiselle v86 p225(4) Aug 1980

Five best lifestyle exercises for skiers.
Mademoiselle v85 p150(3) Nov 1979

Five exercises to strengthen legs.
Boatwright, P.J., III
Golf Magazine v21 p78(1) Nov 1979

Five facts to get you exercising before another day goes by.
Glamour v79 p84(1) March 1981

The five-minute cure: Marya Mannes' personal prescription for keeping in shape.
Mannes, Marya
American Home v80 p25(2) May 1977

Flexibility exercises. (slimming your hips, thighs, & butt)
Consumer Guide v313 p86(6) Aug 1981

For arms that flatter summer fashions.
Good Housekeeping v192 p102(1) June 1981

For a beautiful neck.
Gregor, Carol
Good Housekeeping v191 p114(1) Sept 1980

For exercise dropouts: 5 reasons you quit and 5 reasons to get started again.
Kaplan, Janice
Glamour v78 p88(3) July 1980

For health, fitness and fun ... swim!
Whitten, Phillip
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Four steps to fitness.
Boatwright, P.J., III
Golf Magazine v22 p208(1) March 1980

Four-way guide to fitness.
Co-Ed v26 p60(2) March 1981

Frankly for fathers. (getting in shape)
Spangler, Doug
American Baby v39 p30p(2) July 1977

From the experts: more energy, vitality and good health!
Jamail, Deborah
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From Sheehan. (exercise)
Sheehan, George
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Sheehan, George
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Game plan: the complete exercise-beauty program for shaping up your legs.
Duff, Susan
Viva v5 p62(5) Aug 1978

Gardening without pain.
Jackson, Paula Rice
House & Garden v153 p54(1) April 1981

Get in condition.
Nirschel, Robert
World Tennis v27 p58(2) March 1980

Get fit, trim, slim - and grin
Alexander, John
Saturday Evening Post v249 p70(4) Oct 1977

Get in step for fitness. (walk)
Better Homes and Gardens v59 p87(1) Feb 1981

Get ready to go straight. (posture exercises)
Teen v21 p84(2) Oct 1977

Get set for summer. (tips on tanning, exercise and beauty)
Seventeen v37 p168(4) May 1978

Get wet! The beauty power of water.
Gates, Anita
Mademoiselle v87 p152(7) June 1981

Get your legs in shape for the sunshine season.
Seventeen v40 p124(2) June 1981

Getting fit with gymnastics.
Mademoiselle v85 p62(2) Feb 1979

Getting fit: staying in shape.
Consumer Guide v191 p6(89) Summer 1978

Getting no kick out of life? Jacki Sorensen urges women to try her aerobic dancing.
Kalter, Suzy
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Getting organized for good health. (planning exercise and recreation)
Keough, Carol
Organic Gardening and Farming v27 p109(3) July 1980

Getting in shape: some pointers to help put you in fighting trim for competitive sailing.
Surtees, Dennis
Yachting v144 p52(5) July 1978

Getting in shape. (total fitness in just minutes a day, two days a week.
Morehouse, Laurence E.
Consumers Digest v19 p30(6) Jan-Feb 1980

Getting in shape without getting ridiculous. (too much and too little exercise)
Higdon, Hal
Chicago v27 p125(6) May 1978

Getting started. (aerobic dancing)
Kuntzleman, Beth A.
Consumer Guide v253 p8(2) Winter 1979

Getting in the swim.
Sussman, Jeffrey; Prudden, Suzy
Weight Watchers v12 p20(2) June 1979

Getting your energy level up. (exercises)
Consumer Guide v291 p11(5) Jan 1981

Golfing forever. (interview with Harvey Penick)
Hicks, Betty
Modern Maturity v24 p36(3) April-May 1981

"Good-bye," backache! exercises.
Good Housekeeping v189 p162(1) Oct 1979

The good-health battle plan. (establishing habits of health)
Norfolk, Donald
Cosmopolitan v184 p158(4) Feb 1978

Good healthy feet: what you need to know and do. (shoes, care, and exercise)
Kahn, Carol
Weight Watchers v11 p42(1) Oct 1978

Good sport. (column)
Hogan, Randolph
New York Times Book Review v85 p47(1) June 1 1980

Grab a chair: these exercises are aimed at your seat.
Consumer Guide p70(6) Sept 1980

The great Canadian shape-up.
Steward, Hartley
Macleans v90 p41(4) Jan 24 1977

The great joy of physical fitness.
Morehouse, Laurence E.; Gross, Leonard
Woman's Day p5(97) April 5 1977

Grown-up jump rope.
Redbook v153 p152(1) June 1979

A guide for the athletic woman.
Newton, Michael
Family Health v12 p28(2) July-Aug 1980

Guidelines: an interview with Julius B. Richmond. (women's health)
Ogle, Jane
Vogue v170 p174(2) Jan 1980

Gym dance. (exercises)
Young, Nancy
Glamour v76 p196(3) Dec 1978

Gymnastics - fitness that's fun for everyone.
Murphy, Suzanne
House & Garden v153 p26(3) July 1981

Gymnastics get your body together.
Mademoiselle v87 p221(3) Aug 1981

Hair-raising exercises.
Teen v22 p72(1) April 1978

Hang loose! (exercise)
Bahr, Robert
Scouting v66 p10(3) Oct 1978

The happy addict. (dependent on exercise)
Harris, Dorothy V.
WomenSports v5 p53(1) Jan 1978

Have fun, get exercise and "Shuffle Off to Buffalo."
Glamour v79 p54(1) May 1981

Head-to-toe: shape-up at home.
Glamour v75 p192(4) Nov 1977

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Science News v116 p214(1) Sept 29 1979

Health: the exercise dropout test.
Asher, Linda
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Health and fitness guide.
Marks, Judi
Teen v24 p17(9) June 1980

The health hoopla.
Sabol, Blair
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Health risks & fitness: dispelling the myths.
Roman, Candace Botha
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Merritt, Susan Q.
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The healthy life. (Hillie and David Mahoney)
Lord, Shirley
Vogue v171 p292(6) May 1981

A healthy way to be sick. (benefits of exercise)
Sheehan, George
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Here's to your health: a family plan for getting the most out of life.
Allen, Robert F.; Kraft, Charlotte
Parents' Magazine v55 p61(5) July 1980

The high of exercise.
Hamill, Dorothy
Harper's Bazaar p97(1) May 1979

Biking for health and fun.
Scalzo, Joe
Dynamic Years v14 p27(3) Sept 1979

Hip and derriere exercises.
Consumer Guide v272 p62(7) July 1980

Hip and derriere exercises.
Kuntzleman, Charles T.
Consumer Guide v317 p62(7) Oct 1981

The home stretch.
Groller, Ingrid
Parents' Magazine v54 p89(4) May 1979

Home, sweat home. (working out indoors)
Hoover, Sue
WomenSports v1 p66(2) March 1979

A hop, kick and a jump! (exercises)
Kusche, Larry; Porr, Dennis
Family Health v11 p32(2) Oct 1979

How fit are you?
Hartman, Curtis
Boston Magazine v71 p84(5) June 1979

How fit are you?
Sloan, Bill
Boy's Life v70 p70(3) Sept 1980

How fit are you? Rate yourself and discover which sports can put you in top condition.
Young, Nancy
Glamour v75 p121(4) May 1977

How I learned to live with being less than perfect.
Hammer, Signe
Mademoiselle v85 p164(3) Oct 1979

How I learned to walk. (as exercise)
Sabol, Blair
Mademoiselle v86 p70(1) June 1980

How the stars slim down and firm up-fast.
Glamour v79 p175(1) May 1981

How to avoid back problems on court. (column)
Levisohn, Steven R.; Simon, Harvey B.
Tennis Magazine v15 p26(2) March 1980

How to be the athlete you always wanted to be. (advice from experts)
King, Billie Jean; Blalock, Jane
Redbook v151 p45(8) June 1978

How to be good to your body - and your spirits too!
Straley, Carol
Redbook v156 pG6(2) March 1981

How to be a winner. (exercise, diet, sports, and beauty tips)
Harper's Bazaar p96(15) May 1978

How to customize workouts. (running)
Londeree, Ben
Runner's World v13 p172(3) Oct 1978

How to exercise for stamina and strength.
Bennett, William
Vogue v171 p253(3) April 1981

How to exercise without really trying.
Good Housekeeping v188 p182(2) March 1979

How to exercise your way out of a depression
Smith, David
Mademoiselle v85 p194(3) April 1979

How to find the right sport for your body.
Kevles, Barbara
Mademoiselle v85 p195(4) April 1979

How to flatten your stomach. (ten exercises)
Everroad, Jim
Reader's Digest (Canada) v114 p89(4) June 1979

How to get rid of pain in the neck.
Winter, Arthur; Winter, Ruth
Glamour v79 p250(2) Feb 1981

How to get yourself in shape for bow hunting: and (miracle of miracles) actually enjoy it.
Helgeland, Glenn
Archery World v28 p30(5) July 1979

How to have exercise class.
Sabol, Blair
Mademoiselle v87 p94(1) Sept 1981

How to have more get-up-and-go. (physical fatigue)
Pomeroy, Ruth Fairchild
Redbook v154 p33(4) Jan 1980

How to keep fit - while you sit.
Mossfeldt, Folke; Miller, Mary Susan
Reader's Digest v115 p201(3) Sept 1979

How to look as good as you feel after a workout.
Mademoiselle v87 p120(1) April 1981

How to move with t'ai ch'i.
House & Garden v151 p40(1) April 1979

How to program your very own exercise routine.
Mademoiselle v85 p240(6) Aug 1979

How to rate an exercise class - before you sign up.
Lustgarten, Karen
Mademoiselle v86 p138(3) Oct 1980

How to rate your doctor for exercise advice.
Kuntzleman, Charles T.
Vogue v168 p172(1) Oct 1978

How to regain flexibility. (exercises for stiff joints)
Consumer Guide p85(7) Sept 1980

How to relax. (exercises while laying down)
Consumer Guide v291 p42(4) Jan 1981

How to relax on frantic days: make exercises work for you.
Pearlman, Barbara
Woman's Day p16(3) Dec 13 1977

How to shape up and stay fit.
Sokolowski, Walter
Water Skier v28 p49(6) June-July 1978

How to shape up to play your best tennis.
Tennis Magazine v13 p33(5) Jan 1978

How to start your personal exercise plan. (fitness program)
Better Homes and Gardens v55 p46(3) April 1977

How to stay fit this winter.
Glamour v78 p95(6) Oct 1980

How to stay home and stay in shape. (exercises)
Robarge, Maurita
Mademoiselle v84 p72(5) Oct 1978

How to stay in condition.
Jackson, Paula Rice
House & Garden v153 p38(2) Jan 1981

How to stay in shape.
Consumer Guide v291 p6(5) Jan 1981

How to stay in shape in winter
Business Week p108(3) Jan 22 1979

How to stay in shape, naturally. (exercise by doing everyday activities)
Jackson, Paula Rice
House & Garden v152 p30(2) June 1980

How to take years off your face.
Jody, Ruth; Lindner, Vicki
McCall's v106 p101(3) Mar 1979

How to use your ski muscles. (exercises)
Pedersen, Tage
Skiing v31 p173(3) Oct 1978

Huffless-puffless exercises.
Osgood, Judy
Dynamic Years v13 p45(1) May-June 1978

"I found it in running."
Sheehan, George
New Times v10 pR22(6) April 3 1978

I-hate-to-exercise exercises.
Woman's Day p132(1) June 16 1981

I know it's good for my body, but will it help me? (excerpt from The Aerobics Way)
Cooper, Ken
Mother Earth News p116(1) Sept-Oct 1978

In Florida: jumping with the 82nd. (Airborne units' exercise)
Sider, Don
Time v116 p8(1) July 28 1980

In the swim. (exercise)
Mademoiselle v86 p70(2) June 1980

In the swim. (swimming, best & safest exercise)
Neumann, Karl
Travel-Holiday v154 p26(3) Aug 1980

In the slick world of superclubs, A; B equals sport, fitness, glee.
Telander, Rick
Sports Illustrated v53 p18(1) Nov 17 1980

In search of health. (responsibility for own health status)
Walters, LeRoy
Christian Century v95 p1014(2) Oct 25 1978

In search of the ultimate system. (Nautilus system of strength training)
Philadelphia Magazine v70 p153(2) April 1979

Inhale!...Exhale!...Inhale!...Exhale!...(popularity of exercise)
Lancaster, Paul
American Heritage v29 p4(10) Oct-Nov 1978

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Traub, Nancy
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De Santis, Mallen
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Hagerman, Topper
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Gates, Anita
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Stop killing yourself. (you can make yourself healthy)
Seliger, Susan
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Tym, Alice
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Anderson, Bob
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Schefer, Dorothy
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DiPerna, Paula
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Larson, Robert
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Apartment Life v10 p36(2) Aug 1978

Take shape.
Teen v22 p68(6) Oct 1978

Take ten ... and feel like a million. (stretching exercises)
Yates, John
Prevention v32 p53(7) Sept 1980

Take ten years off your figure.
Gollay, Jean
Good Housekeeping v189 p164(4) Nov 1979

Take two inches off your waist—instantly. (be trim without diet or exercise)
Boutelle, Jane; Baker, Samm Sinclair
Good Housekeeping v188 p80(3) Mar 1979

Taking the bore out of chores: exercising around the house.
Markham, Pamela
House & Garden v149 p51(2) Nov 1977

Taking exercise to heart.
Gilmore, C.P.
New York Times Magazine p38(8) March 27 1977

Taming the lines. (facial exercises)
Castleton, Virginia
Prevention v33 p120(4) May 1981

Ten-second workout. (isometrics)
Norman, Sherry
WomenSports v3 p47(2) May 1981

Ten ways to release tension.
Carr, Rachael
Saturday Evening Post v251 p42(6) Nov 1979

Test your progress. (slimming your hips, thighs & butt)
Consumer Guide v313 p64(2) Aug 1981

Testing your mettle.
Kerlan, Robert K.
Sport v68 p49(1) May 1979

Thank heaven for little league.
Martens, Rainer
Family Health v12 p21(4) July-Aug 1980

That we should have life.
Christopher, Gail C.
Essence v11 p108(4) May 1980

Thigh exercises.
Kuntzleman, Charles T.
Consumer Guide v317 p69(8) Oct 1981

Thigh exercises.
Consumer Guide v272 p69(8) July 1980

The thinking person's calisthenics: get results without heavy breathing.
Martinez, Alicia
Apartment Life v11 p40(1) Feb 1979

Thirteen exercises to put you in peak condition.
Redbook v152 p89(5) Feb 1979

Thirty-four million Americans can't be wrong: walking!
Lippert, Joan L.
Family Health v13 p19(8) June 1981

The thirty-minute morning makeover. (make-up and exercise tips)
Harper's Bazaar p98(5) Aug 1978

This should be your year for sports.
Glamour v77 p112(3) Jan 1979

Those who exercise regularly are found to age at half average rate.
Moneysworth v9 p30(1) Oct 1979

Three busy stars exercise, eat for stamina, strength.
Vogue v171 p186(1) April 1981

Three months to walk your way to fitness.
Glamour v78 p102(1) May 1980

Three super spas with American vitality reveal their beauty secrets.
Mademoiselle v87 p200(7) April 1981

The three R's of exercise - roller skating...racquetball...and rope skipping.
Gray, Gillian
Woman's Day p13(3) Nov 1 1979

Three ways to look better, firmer, trimmer.
Glamour v79 p254(2) Aug 1981

Time-savers for total beauty. (five-minute exercises)
Seventeen v38 p148(2) Sept 1979

Tips for sticking with it.
Essence v10 p56(2) May 1979

Toddler gymnastics.
Poe, Pati
American Baby v42 p66(4) Feb 1980

Tone & trim exercises.
Weight Watchers v13 p20(2) March 1980

Tone and trim: hips and thighs. (exercises)
Prudden, Suzy; Sussman, Jefrey
Weight Watchers v12 p24(2) Feb 1979

Too tired? 10 causes 10 cures.
Marks, Judi
Teen v25 p10(5) May 1981

Top model Christina Ferrare's slimming secrets. (visit to The Golden Door health spa)
Sabol, Blair
Harper's Bazaar p182(7) April 1980

Top to toe health guide.
Mademoiselle v84 p41(3) Jan 1978

Total fitness: what it can do for your body and mind.
Galub, Jack
Glamour v76 p198(3) March 1978

Tough is good for you. (physical fitness centers)
Penney, Alexandra
New York Times Magazine p50(3) Aug 14 1977

Toughen up for this year's gardening.
Shimer, Porter
Organic Gardening and Farming v26 p106(4) March 1979

TR curricula studied. (therapeutic recreation)
Mobley, Tony A.; Hawkins, Barbara
Parks and Recreation v14 p120(1) Jan 1979

The training effect: work the body hard, and it responds in a thousand subtle and miraculous ways.
Jerome, John
Esquire v93 p14(2) June 1980

Training with weights.
Consumer Guide v311 p55(7) July 1981

The trauma of turning forty. (staying physically fit)
Tymn, Mike
Runner's World v12 p36(4) Sept 1977

Traveling in the air. (exercise)
Consumer Guide v291 p72(5) Jan 1981

Traveling on the highway. (exercises)
Consumer Guide v291 p67(5) Jan 1981

A treat for your feet. (exercises)
McCall's 108 p36(1) March 1981

Trim your hips, shape your thighs.
Everroad, Jim; Mosow, Lonna
Reader's Digest v116 p123(4) Jan 1980

Trim your second half slim.
Teen v25 p85(1) March 1981

The truth about exercising. (should continue with age)
Bianco, Frank
Dynamic Years v14 p18(3) Jan-Feb 1979

Try a figure lift.
Castleton, Virginia
Prevention v33 p147(4) March 1981

Turning kids loose to learn.
Kinderlehrer, Jane
Prevention v31 p86(5) Oct 1979

Turning point to beauty and health.
Modern Bride v30 p282(2) Aug-Sept 1978

Two can live as healthily as one.
Macleans v90 p42(1) Jan 24 1977

Two for the road.
Seventeen v38 p116(6) Feb 1979

Unboring sports.
Benzaia, Diana
Harper's Bazaar p112(4) May 1980

Unexpected "spots": it's a good idea to exercise for improved overall posture.
Vogue v171 p77(1) Jan 1981

Uncle Sam believes. (Surgeon General's Report on Health Promotion and Disease Prevention, 1979) (transcript)
Prevention v32 p122(7) June 1980

Update: women's sports medicine.
Harris, Dorothy
WomenSports v1 p42($) Feb 1979

Using a slant board. (to exercise on an angle)
Consumer Guide v311 p81(7) July 1981

Vacation workout with Mr. Wonderful. (exercises for the beach)
Cosmopolitan v183 p42(2) Aug 1977

Vitality: healthy god looks at any age.
Harper's Bazaar p140(10) Oct 1978

Wake up your winter. (speed skating)
Weaver, Susan; Nass, Alice
Bicycling v20 p43(2) Feb 1979

Walk away from illness.
Bricklin, Mark
Prevention v32 p28(5) March 1980

Walk don't run. (walking as exercise)
Philadelphia Magazine v71 p140(3) May 1980

Walk for the fun of it.
Hanff, Helene
Weight Watchers v12 p54(4) June 1979

Walk! It's one exercise you can do anywhere, anytime.
Kahn, Carol
Vogue v169 p185(1) Feb 1979

Walk! - whenever ... wherever you can: it benefits legs, hips, heart - your whole body.
Kuntzleman, Charles T.
Vogue v170 p172(3) Nov 1980

Walk your way to physical fitness.
Murphy, Suzanne
House & Garden 152 p28(4) March 1980

Walking, a good exercise.
Changing Times v34 p50(1) Oct 1980

Walking: making a good thing even better.
Young, Stepahnie
Mademoiselle v87 p152(1) May 1981

Walking: the most obvious & natural sport: what's in it for you?
Galub, Jack
Glamour v76 p121(2) June 1978

Walking: the spirit-lifting exercise.
Glamour v77 p298(1) April 1979

Walking your way to fitness.
Essence v11 p63(1) Feb 1981

Warm-up exercises for your sport.
Mademoiselle v84 p84(1) April 1978

Warm-up exercises. (to skateboard)
Besselgrave, Curtis
Skate Boarder v4 p44(2) June 1978

Warm-up exercises for your favorite sport.
Woman's Day p40(1) July 10 1978

The warm-up: first you stretch. (warming-up before exercising)
Current Health v7 p13(3) Oct 1980

A warmp-up - who needs it? (warming-up before exercise)
Current Health v6 p24(3) April 1980

Watching your step on court. (foot and ankle exercises)
Nirschl, Robert
World Tennis v27 p58(2) Nov 1979

Water wonders. (exercises)
Consumer Guide v291 p62(5) Jan 1981

Weak spots. (causes of ailments)
Partie, Dianne
Mademoiselle v84 p74(3) Oct 1978

Weight trianing: you bet your biceps! (exercise for women)
Slobogin, Kathy
WomenSports v1 p16(7) Feb 1979

Wellness: whole body maintenance.
Current Health v7 p3(7) May 1981

What exercise do you need?
Kuntzleman, Charles T.
Vogue v168 p234(3) Sept 1978

What is the best way that you can shape up for active sports?
Kuntzleman, Charles T.
Vogue v169 p82(2) Aug 1979

What is good health, anyway?
Bray, Rosemary L.
Essence v11 p64(1) May 1980

What readers want to know about fitness, figure and physique. (present consensus detailed)
Bricklin, Mark
Prevention v30 p32(5) June 1978

What sport affects what part of your body?
Glamour v79 p103(1) May 1981

What to do for a groin muscle pull.
Levisohn, Steven R.; Simon, Harvey B.
Tennis Magazine v16 p23(1) Jan 1981

What you don't know about exercise: a quiz to help you shape up.
Maness, Bill
Reader's Digest v108 p129(3) April 1976

What's the right sport for you?
Krone, Chester
Woman's Day p44(5) March 13 1979

What's wrong with this child? (American physical fitness continues to decline)
Kelley, Gail
Boston Magazine v69 p84(12) Oct 1977

What's next? (maintenance level of flatten your stomach exercise program)
Consumer Guide v311 p46(9) July 1981

What's your f.i.t. factor?
Mademoiselle v84 p106(1) Aug 1978

What's keeping you from exercising?
Bosansky, Anne
Weight Watchers v12 p46(3) April 1979

When exercise can hurt you.
Nolen, William a.
McCall's v107 p82(2) July 1980

When the going gets tough: can women take it?
Drexler, Rosalyn
Working Woman v5 p48(4) Dec 1980

When time is tight. (exercises)
Consumer Guide v311 p88(5) July 1981

When you're feeling uptight - get moving.
John, Mike
Apartment Life v11 p16(1) April 1979

Which sport will whip your body into shape fastest? Squash!
Kelly, Caitlin
Glamour v76 p112(3) Nov 1978

Which sports for you?
Weight Watchers v12 p48(1) Jan 1980

White-collar boxers.
Anderson, Duncan M.
Esquire v95 p64(5) June 1981

Who's winning - your sport, or you?
Ross, John P., Jr.
Family Health v12 p17(5) July-Aug 1980

Whose satisfaction counts? (jogging and sex)
McCoy, Bob
Sporting News v191 p6(1) May 9 1981

Why are all these people dancing? (aerobic dance for health)
Kuntzleman, Beth A.
Consumer Guide v253 p4(4) Wint 1979

Why black athletes run faster.
Clegg, Legrand H., III
Sepia v29 p18(6) July 1980

Why you should stand on your head once a day.
Mademoiselle v86 p38(1) Dec 1980

Winning the weekend game: conditioning for sports.
Consumer Guide v295 p52(45) Feb 1981

Winning without being first.
Harper's Bazaar p116(2) May 1980

Winter workouts for golf.
Bartlett, Mike
Golf Magazine v20 p34(1) Dec 1978

Winter workouts turn fat to muscle.
Boy's Life v69 p42(2) Jan 1979

Winter's a beautiful time for outdoor exercise.
Gottlieb, Bill
Prevention v29 p63(5) Nov 1977

The word is body.
Mademoiselle v85 p67(1) Jan 1979

Working it off while you work. (exercise program)
Kaufman, Joanne
Working Woman v4 p80(2) March 1979

Working out the kinks. (exercise)
Stanfill, Francesca
New York Times Magazine v129 p88(1) Oct 7 1979

Working out when you're out of town.
Sobol, Blair
Mademoiselle v86 p90(1) Dec 1980

Working out with the one you love.
De Santis, Mallen
Cosmopolitan v190 p184(4) Jan 1981

Workouts for a well-tuned body. (weight training)
Laiken, Deidre S.
Apartment Life v10 p36(2) July 1978

The Ys have it! (YMCA and YWCA)
Murphy, Suzanne
House & Garden v152 p91(2) May 1980

Yoga and running make a very good partnership.
Couch, Jean
Runner's World v13 p112(6) Oct 1978

Yoga: stretching for the truth.
Brennan, Carol; Brennan, Eamon
50 Plus v20 p48(1) Dec 1980

You-expert: new health team.
Bennett, William
Vogue v170 p251(2) April 1980

You should be dancin'! (good exercise and fun)
Brinley, Maryann Mucknum
Family Health v10 p42(3) Nov 1978

The young contenders. (children and sports)
Beach, Nancy
New York Times Magazine v129 p78(1) March 9 1980

Your beauty notebook. (new beauty aids, summer hairdo, warm weather exercises)
Good Housekeeping v193 p100(2) Aug 1981

Your body assessment.
Kuntzleman, Charles T.
Consumer Guide v317 p495) Oct 1981

Your body: use it or lose it. (editorial)
Kemsley, William
Backpacker v8 p5(1) Jan 1981

Your health on the road
Longsdorf, Bob
Trailer Life v41 p52(1) Jan 1981

Your peak performance hours. (body talk)
Sabol, Blair
Mademoiselle v85 p82(2) Nov 1979

Your winning guide to a terrific body.
Pearce, Carol A.
Harper's Bazaar p95(5)

You're never too old to grow young.
Prevention v30 p141(5) Jan 1978

Nutrition/Diet

Adrenaline: the power that can overpower you. (vitamin C & exercise benefit stress)
Gottlieb, William
Prevention v32 p92(4) Oct 1980

Appendix B: counting calories.
Kuntzleman, Charles T.
Consumer Guide v317 p93(4) Oct 1981

Avoid running on empty: without carbohydrates, you can't perform.
DeCrosta, Tracy
Bicycling v21 p42(4) June 1980

Bazaar's carefree summer: the new natural beauty. (exercise, diet and beauty plans.
Harper's Bazaar p76(11) June 1978

Beauty that's good for you. (diet, posture and facial structure)
Cohen, Martin
Vogue v168 p220(8) Feb 1978

Binge control. (exercise equivalents of food)
Konishi, Frank; Kesselman, Judi; peterson, Franklynn
Woman's Day v42 p60(3) Aug 7 1979

Charting the nutrients: put them all together, they spell fitness.
Simon, Nissa
Working Woman v4 p67(2) June 1979

Control your weight two ways. (through exercise and watching your calories.
Consumer Guide p76(6) Sept 1980

The diet for after you diet - how to keep it off.
Young, Nancy
Glamour v77 p254(2) April 1979

The diet that's not really a diet. (includes menus)
Wayler, Thelma
Family Health v12 p28(3) May 1980

Dieting.
Modern Bride v33 p34(2) April-May 1981

Dieting for life: a wise and delicious way to eat.
Prince, Francine
Essence v12 p36(2) July 1981

Dispelling the protein myth.
Boyt, Creig
Bike World v6 p14(2) July 1977

Eat light.
Vogue v171 p276(2) Aug 1981

Eight famous diets: how they rate.
Goldbeck, Nikki
Harper's Bazaar p165(4) Dec 1979

Exercise, not diet, elevates HDL's. (high-density lipoproteins)
Science News v117 p136(1) March 1 1980

The exercise-weight loss connection.
Mirkin, Gabe
Family Health v12 p38(3) May 1981

Exercising pounds off.
Consumer Guide v304 p46(15) May 1981

Fat burning activity.
Kuntzleman, Chjarles T.
Consumer Guide v317 p83(3) Oct 1981

Fifty ways to boost your energy.
Davis, Flora
Woman's Day p73(3) Aug 5 1980

Fitness: how important is it, really?
Jackson, Paula Rice
House & Garden v151 p26(3) June 1979

Five month shape-up plan part two
Mademoiselle v85 p89(4) Feb 1979

Food for fitness.
Lord, Shirley
Vogue v171 p255(1) April 1981

Food for fitness.
Sabol, Blair
Viva v6 p24(1) Dec 1978

The gift of life. (changing bad habits)
Pekkanen, John
Town and Country v133 p33(12) Jan 1979

The great carbohydrate comeback: a report on Nathan Pritikin's much-talked-about diet and exercise program. (recipes)
House & Garden 152 p157(11) March 1980

Heavier workouts put a heavier lid on appetite.
Prevention v31 p143(1) Dec 1979

High on mountains. (adventures in natural healing)
Zundel, Stan L.
Prevention v32 p91(4) Aug 1980

Is the Pritikin plan worth the price? (Nathan Pritikin)
Tarrant, Marguerite
Money v10 p66(5) April 1981

Keep cool. (fashion, diet, exercise, and beauty tips)
Woman's Day p63(9) Aug 7 1978

Learning to eat right. (dieting)
Roddick, Ellen
Cosmopolitan v185 p52(2) Oct 1978

A little budgeting for a better figure.
Consumer Guide v287 p7(8) Sept 1980

Low Intensity Activities Chart. (gives number of calories burned in each activity)
Consumer Guide v287 p34(20) Sept 1980

Luciana Avedon's body plan. (exercise and diet regimens)
Avedon, Luciana
Cosmopolitan v182 p192(6) Juen 1977

The master diet plan: based on recommendations from the famous Mayo Clinic.
Bayrd, Edwin
Cosmopolitan v184 p206(6) June 1978

The "most perfectly developed man" always ate all of bread crusts. (Charles Atlas)
Cowle, Jerry
Sports Illustrated v50 pW5(2) June 11 1979

The multiple choice diet. (food & exercise)
Mademoiselle v84 p182(3) Oct 1978

The new aerobic diet.
Roth, June
Harper's Bazaar p74(3) Aug 1981

New way to eat: meals to up health.
Ogle, Jane
Vogue v170 p253(2) April 1980

Nobody trusts a fat diet doc: how they stay thin & credible.
Breecher, Maury M.
Moneysworth v10 p8(2) Oct 1980

North Country - the kind of school you've dreamed about. (organic food and exercise)
Gulotta, Laura
Prevention v29 p57(8) April 1977

Off to a good start. (limber up for running)
Antos, Chris
American Girl v61 p27(3) June 1978

Play! It's good for you.
Schoen, Claire
House & Garden v151 p36(3) June 1979

Preventing energy disease. (exercise and diet conserve energy)
Rodale, Robert
Prevention v31 p21(6) April 1979

Pritikin's found, um, longevity. (Nathan Pritikin's Santa Monica Longevity Center)
Davis, Sally Ogle
Los Angeles v24 p161(1) Jan 1979

Rave reviews for nutrition.
SciQuest v52 p4(1) Dec 1979

Shape up! Look alive! Feel great! (diet, exercise and lifestyle hints for healthy living)
Redbook v148 p55(8) Jan 1977

Shape-up; what's easy and what's not about summer dieting.
Glamour v79 p213(2) Aug 1981

Sit down and exercise.
Weight Watchers v12 p10(2) Sept 1979

Solve your own personal energy crisis: how exercise and diet can boost your energy level.
Glamour v78 p200(1) Nov 1980

Spend a health-weekend with your mate. (recipes included)
Cosmopolitan v185 p186(4) July 1978

Sports food: a guide to nutrition and exercise.
Cobe, Patricia
Forecast for Home Economics v25 p136(2) Sept 1979

The statistics of life. (diet, smoking, exercise)
Family Health v10 p43(2) Oct 1978

Staying slim: diets that work, good & bad habits, staying healthy.
Zimmerman, Ann
Washingtonian v14 p128(4) Jan 1979

Sweating it off.
Consumer Guide v266 p17(15) May 1980

Ten busy women's best exercise & diet regimens.
Cosmopolitan v184 p226(2) May 1978

Ten nutritional myths.
Mayer, Jean
Family Health v36(2) May 1979

The total family fitness weekend. (includes recipes)
House & Garden v152 p118(6) July 1980

Three steps to a naturally healthier heart.
Whitaker, Julian M.
Prevention v32 p122(7) March 1980

Tips on keeping trim. (includes recipes)
Hogan, Carol
Boating v41 p25(2) June 1977

Total fitness & proper nutrition.
Consumer's Digest v17 p41(3) July-Aug 1978

Twenty best diets to lose weight.
Consumer Guide v218 p4(92) July 1980

Twenty-four easy energizers.
Harper's Bazaar p165(2) Oct 1979

Twenty-four page guide to the fitness game. (exercise, sports, nutrition, etc.)
Mademoiselle v84 p177(25) April 1978

Water and salt: yes and no
Stern, Judith S.
Vogue v171 p257(2) April 1981

Weight-loss activity calorie counter.
Consumer Guide v287 p30(4) Sept 1980

Weight watcher's summer shape-up plan. (includes recipes)
McCall's v106 p116(4) May 1979

The whole girth catalogue. (includes recipes)
McCall's v107 p113(8) Jan 1980

A whole town goes Pritikin. (includes recipes)
Kreiter, Ted
Saturday Evening Post v252 p102(4) July-Aug 1980

You bet your life ... the high stakes of health risks
Koral, April; Glassman, Carl
Weight Watchers v13 p7(1) Dec 1980

Your child's good looks & good health. (tips from experts on diet & physical fitness)
Harper's Bazaar p116(3) Aug 1980

Your 10-day midwinter shape-up plan. (includes recipes)
McCall's v108 p88(6) Feb 1981

Pregnancy

Aerobic mothering.
Satkowski, Virginia
American Baby v43 p24(3) July 1981

The exercise advantage: a big plus for postpartum recovery.
Cedeno, Lazar; Cedeno, Olinda; Monroe, Carole
Amerian Baby v42 p50(2) April 1981

Exercise! Special classes for special cases. (pregnant, asthmatic, etc.)
New York v10 Oct 17'77 p59(8) Oct 17 1977

Exercise plus: a ballerina's aids for healthy pregnancy.
Fitzgerald, Sharon
Essence v11 p54(2) April 1981

Exercises that meet your body's changing needs.
Glamour v79 p227(1) Feb 1981

Exercises that meet your body's changing needs. (pregnancy)
Glamour v77 op295(2) Oct 1979

Exercising for two. (mothers-to-be)
Katch, Frank I.
Mademoiselle v84 p80(1) Oct 1978

Fifteen minute prenatal exercise plan.
American Baby v42 p68(2) July 1980

A model pregnancy: model Peggy Palmer offers tips on how to look and feel terrific during pregnancy.
American Baby v40 p49(3) July 1978

Physical fitness plan for the mother-to-be.
American Baby v39 p58(2) Feb 1977

A postpartum exercise plan.
Caulfield, Dianna
Parents' Magazine v55 p109(5) Feb 1980

Pregnancy pointers. (continue to exercise while pregnant)
Consumer Guide p83(2) Sept 1980

Pregnant - and exercising.
Weight Watchers v12 p49(1) Jan 1980

Pregnant pause? (exercise during pregnancy)
Schneider, Ingun
WomenSports v2 p16(5) July 1980

Ready, set, exercise! (exercise during pregnancy)
Nolte, Judith
American Baby v40 p62(3) Sept 1978

Shape up! Promise yourself a good strong body.
Condon, Jane
Redbook v156 p46(3) April 1981

Staying in shape while eating for two: a guide to weight control and exercise during pregnancy.
Gates, Anita
Weight Watchers v14 p16(5) June 1981

Yoga exercises for mothers-to-be.
Woman's Day p20(2) May 13 1980

Your pregnancy.
Clemens, Dawn
Glamour v79 p76(1) June 1981

Senior Citizens

Fighting off old age. (exercise & positive thinking work)
Leo, John
Time v117 p54(1) Feb 16 1981

Getting into shape after 55.
Welch, Farley
Modern Maturity v21 p12(4) Aug-Sept 1978

How athletic can you be after 50?
Galton, Lawrence
50 Plus v20 p54(2) July 1980

No guarantee against sudden death.
USA Today v108 p9(1) Feb 1980

Older persons reach for physical fitness.
Aging v81 p52(1) Nov-Dec 1979

Over 60? Exercise!
Science Digest v81 p87(2) Feb 1977

Physical fitness for seniors.
Aging p31(2) July-Aug 1979

Program puts PEP in seniors' lives. (Travelers Insurance Companies and President's Council on Physical Fitness and Sports start program.)
Aging p40(1) July-Aug 1978

Use it or lose it! (exercise and aging)
Geyer, Jasamine Hope
Prevention v29 p115(5) April 1977

Stress

Allergic to exercise. (allergic reactions)
Clark, Matt
Newsweek v96 p73(1) Aug 25 1980

The angry elbow. (part two)
Nirschl, Robert P.
World Tennis v29 p56(2) Aug 1981

The arthritis exercise book. (book reviews)
Rask, Mary
Library Journal v106 p672(1) March 15 1981

The arthritis exercise book. (book reviews)
Lodge, Sally A.
Publishers Weekly v219 p122(1) Jan 23 1981

Body English: pain is your muscles' cry for relief.
Martinez, Alicia
Apartment Life v11 p36(2) March 1979

Diet, exercise may help in cystic fibrosis.
Prevention v30 p164(8) Oct 1978

Don't let injuries spoil your fun.
Zimmerman, David R.
Woman's Day p32(5) Aug 23 1977

The eleven minute cure for back-aches.
Newman, Jill
Woman's Day p98(3) April 24 1978

Exercise: a way to fight clots.
Newsweek v95 p97(1) May 19 1980

Exercise and blood clots.
Glamour v79 p76(1) May 1981

Exercise and insulin. (insulin absorption)
Time v111 p57(1) Feb 27 1978

Exercise and sudden death.
Current Health v7 p20(2) Feb 1981

Exercise, blood clots and the pill.
Kolata, Gina Bari
Science v211 p913(1) Feb 27 1981

Exercise for night leg cramps.
Better Homes and Gardens v58 p112(2) May 1980

Exercise helps dissolve clots.
Prevention v32 p124(1) Aug 1980

Exercise hyperpnea and locomotion: parallel activation from hypothalamus.
Eldridge, Frederick L.; Milhorn, David E.; Waldrop, Tony G.
Science v211 p844(3) Feb 20 1981

Exercise reduced pill's clotting risk: researcher.
Jet v59 p28(1) March 5 1981

Exercise works against diabetes.
Science News v116 p407(1) Dec 15 1979

Face mask for asthmatics.
US News and World Report v89 p87(1) Dec 29 1980

How exercise saved my back from surgery.
Conti, Thomas L.
Prevention v32 p101(5) Feb 1980

Getting through the holidays without a nervous collapse. (relaxation methods)
Cosmopolitan v185 p92(2) Dec 1978

How nutrition and exercise helped my respiratory problems.
Baxt, Richard
Prevention v32 p116(3) Dec 1980

How to kick the stress habit. (exercises)
Mademoiselle v86 p65(2) June 1980

How to use your body to relieve tension. (relaxercisers)
Prudden, Suzy; Sussman, Jeffrey
Weight Watchers v10 p18(1) Oct 1977

Jog those blood clots away.
Science News v117 p294(1) May 10 1980

A leisurely look at stress.
Health Letter v4 p1(3) Oct 1979

Mow down hay fever with nutrition and exercise: vitamins are nothing to sneeze at, doctors tell us. And would you believe that a little sweat can dry your eyes?
Gottlieb, Bill
Prevention v30 p57(6) Aug 1978

The natural way to control high blood pressure.
Dension, Gene
Prevention v33 p79(4) March 1981

Nightly leg cramps.
Galton, Lawrence
50 Plus v19 p22(1) Dec 1979

Relief from tension - just a stretch away.
Murphy, Suzanne
House & Garden v153 p48(2) Aug 1981

Run away from headaches. (exercise & cluster headaches)
Feltman, John
Prevention v30 p102(4) April 1978

Run-in with cancer.
Howe, Herbert M.
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A simple look at major running overuse injuries.
Scranton, Pierce E.; Stanitski, Carl L.
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Voss, TomPrevention v32 p125(4) Dec 1980

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Snow-shoveling can be heartbreaking
Albert B. Crenshaw
The Washington Post December 21, 1980, Sunday, Final Edition. Section: C8

Studies Find Vigorous Exercise Helps Body Dissolve Blood Clots
Brody, Jane
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Study Finds Risk of Heart Attack is Developing in School Children
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Fitness Programs Tailored to Meet Elderly's Needs
John J. Kurtz, Special to the Washington Post
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Gray Power: An 'Intergenerational Love-In' for Senior Fitness
Carol Krucoff
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Physical Fitness Seen as Vital for Older Citizens
John Kurtz, Special to the Washington Post
The Washington Post December 29, 1977, Thursday, Final Edition, Section: Maryland Weekly, Md 6

Employee/Executive

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Cavanaugh, John
New York Times (NYT), March 11, 1979 Section 23, Page 1, Col. 1

Bureaucrats Given the Run-Around; The Civil Servant Circuit
Hank Burchard
The Washington Post July 28, 1977, Thursday, Final Edition, Section D9

Employers Urged to Wield Health-Cost Clout
Alice Bonner
The Washington Post November 1, 1978, Wedensday, Final Edition, Section A12

Firemen Begin Physical Tests, Jogging; Trucks, Firemen to Get Checkups
Patricia Camp
The Washington Post April 26, 1977, Tuesday, Final Edition, Section C1

Fire Chief Keeping His Men on the Run
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New York Times v130 p17(n) p22(LC) December 13, 1980

FITNESS: Keys to the Company Locker Room
Carol Krucoff
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FITNESS: Memo to the Boss — Maybe It's Running and Recess Those Workers Need to Get Going
Carol Krucoff
The Washington Post October 29, 1979, Monday, Final Edition, Section B5

FITNESS: Runners and Insurance
James T. Yenckel
The Washington Post August 16, 1979, Thursday, Final Edition, Section D5

HEALTH TALK: Corporate Fitness
Sandy Rovner
The Washington Post August 31, 1979, Friday, Final Edition, Section C5

MONEY: Families, Inflation, and the '80s
Carol Krucoff
The Washington Post May 30, 1980, Friday, Final Edition, Section C5

More Corporations See Fit to Keep Employees Fit; Justice Pioneers Fitness for U.S.; Government Slow on the Uptake
Jeanne Schinto
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More Corporations See Fit to Keep Employees Fit; Executives Take Orders from Physical Education Experts; In-Plant Gyms Add Longevity
Jeanne Schinto
The Washington Post March 31, 1977, Thursday, Final Edition, Section F9

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Shaping Up the Corporate Image
Penney, Alexandra
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U.S Industries Sells Fitness Center Unit to New Holding Firm
Joseph, Raymond A.
Wall Street Journal v105 Section 2 p41(W) July 1, 1981

Why Don't You?: Keep Fit on the Job
Stephen D. Gladis
The Washington Post July 18, 1979, Wednesday, Final Edition, Section E5

Equipment

Being a Gym-Dandy
Penney, Alexandra
New York Times v128 Section 6 P102 May 6, 1979

First Nautilus Fitness Center to Open Soon
Chapin Wright
The Washington Post February 23, 1981, Monday, Final Edition, Washington Business, p28

Fitness Begins at Home
Bethany, Marilyn
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Montgomery, Paul Macrae
Wall Street Journal v104 p27 April 1, 1981

It's All A Matter of Viewpoint
Bill Gold
The Washington Post July 12, 1979, Thursday, Final Edition, Section DC10

Muscle Builder: Exercise Machines Are Big-Money Machines for Cocky Promoter: Nautilus Chief Arthur Jones Claims $400 Million Sales; Regimen's Value Debated: A Pistol Under Car Seat
Klein, Frederick C.
Wall Street Journal v104 p1 March 18, 1981

Swivel Device that Helps Develop a Skier's Muscles
Jones; Stacy V.
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Vegetable Power: Tecate Tune-Up; Vegetable Power: Doing the Tecate Tone-Up
Mariam Burros
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The War of the Gym Machines: Muscles Caught in the Middle; Even Doctors Disagree on Muscle Machines
Timothy Moore
The Washington Post, March 24, 1977

Weightlifting for Women: Why Not?
Carol Conn
The Washington Post September 8, 1978, Friday, Final Edition

General

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The Washington Post June 12, 1980, Thursday, Final Edition, Section Va 2

The Age of Reason: There's a Prejudice Against Age on Campus; The Old Are Flocking Back to College, but There's a prejudice Against Them
Wolf Von Eckardt
The Washington Post March 24, 1979, Saturday, Final Edition, Section B1

Athletes by Millions; In China, No Fans, All Players; Sports Is Serious Business in China, Where Policy Involves Everybody, Ed McGonagle
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Mulvey, James E.; Dreyer, Leslie
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Better Muslces, Better Bones
Ogle, Jane
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The Boom in Health Clubs
Louie, Elaine
New York Times v129 Section 6 p80 October 7, 1979

A Doctor Examines the Myths and Facts of Fitness
Brody, Jane E.
New York Times v128 Section C pC12 January 8, 1979

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New York Times v128 Section 4 p29 May 20, 1979

Exercise Dangers
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Exercising to Turn Back the Years
Brody, Jane E.
New York Times v128 Section D pC18 June 6, 1979

FITNESS: And All That Jazz
Carol Krucoff
The Washington Post September 11, 1979, Tuesday, Final Edition, Section E5

FITNESS; Body Building on the Road
James T. Yenckel
The Washington Post June 8, 1981, Monday, Final Edition, Section C5

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New York Times v130 Section 10 pXX3 May 10, 1981

Fitness Poll Yields Some Surprises
Brody, Jane E.
New York Times v128 Section C pC9 January 29, 1979

FITNESS: STRETCHING
Carol Krucoff
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A Harris Poll on Fitness Yields Misleading Statistics
Jerison, David
New York Times v128 Section 5 p82 March 11, 1979

Has Tennis Met Its Match?
E. Bradford Fish
The Washington Post September 19, 1980, Friday, Final Edition, Weekend
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The Health Benefits of Exercise Confirmed by Fresh Evidence
Brody, Jane E.
New York Times v129 Section C pC12 May 7, 1980

Health Spa Regulation Endorsed; Regulation of Health Spas Endorsed
Larry Kramer
The Washington Post May 2, 1979, Wednesday, Final Edition, Section D6

HEALTH TALK: Mixed Bag
Sandy Rovner
The Washington Post March 27, 1981, Friday, Final Edition, Section C5

HEALTH TALK: Prevention
Sandy Rovner
The Washington Post November 14, 1980, Friday, Final Edition, Section C5

How to Identify Species of Marathoners; Our Five Species of Marathoners
Colman McCarthy
The Washington Post November 2, 1980, Sunday, Final Edition, Section C1

Japan Physical Fitness Study Finds Some Flaws
Trumbull, Robert
New York Times v129 Section 1 p6 October 14, 1979

Jogger Passes Buses on Daily Run to Work
Gary Davidson, Special to The Washington Post
The Washington Post July 14, 1977, Thursday, Final Edition, Section DC 2

Just for Fun, Just Walk, Don't Run
Pamela Kessler
The WashingtonPost December 12, 1980, Friday, Final Edition, Weekend Section, p55

Let Your Feet Do the Walking
Mike Causey
The Washington Post April 7, 1977, Thursday, Final Edition, Section B2

Loudoun Elementary School Rated State Physical Fitness Champion
The Washington Post September 2, 1979, Sunday, Final Edition, Section B6

Mineral Water Market Loses Some Fizz
Lee Lescaze
The Washington Post June 24, 1980, Tuesday, Final Edition, Section A3

A Modern Curse is Growing Worse; The 'Miralce' of the Spine is Often Neglected, Abused
Victor Cohn
The Washington Post November 27, 1978, Monday, Friday Edition, Section D1

The New Fitness
Beach, Nancy
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The New Wave in Swimming
Stern, Sol
New York Times v129 Section 6 p 84 June 1, 1980

One-Third of Firemen Held Unfit; Study Finds Half Who Died on Duty Had Heart Attacks
LaBarbara Bowman
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Racquetball Hits the Washington Area With a Bang
Mark Asher
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Realtors Jog, Diet, Dance to Success; It's Happening
John B. Willmann
The Washington Post January 22, 1977, Saturday, Final Edition, Section D1

Royals Expect Abuse of Fans
Byron Rosen
The Washington Post April 29, 1980, Tuesday, Final Edition, Section D6

The Runner: Phenomenon of the '70s; Millions of Americans Stride Streets, Sidewalks
Jane Leavy and Susan Okie
The Washington Post September 30, 1979, Sunday, Final Edition, Section D1

Running Out of Answers
Wall Street Journal v101 p19(W) p20(3) September 19, 1979

Senior Citizens Are Swimming Their Way to Better Health
Nancy Berliner
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Seven Deadly Sins: An Updated List
Brody, Jane E.
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Skating Proves Fun as Therapy
Peter Mikelbank
The Washington Post, March 24, 1977, Thursday, Final Edition, Section B10

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Angus Phillips
The Washington Post July 17, 1980, Thursday, Final Edition, F1

Spring Sweeps Them Onto Their Feet
Robin Soslow
The Washington Post April 27, 1979, Friday, Final Edition, Weekend Section p39

Squash is Booming Across U.S., Quietly
Mitchell Henkin
The Washington Post February 11, 1979, Sunday, Final Edition, Section N14

Study Finds Fitness Doesn't Insure Health
Altman, Lawrence K.
New York Times v128 Section 1 p40 September 16, 1979

Swimming As Exercise: The Better Alternative
Macey, Joan Mary
New York Times v129 Section 5 p52 July 14, 1980

Teaching Kids the Good Fight; The Good, Clean Fighting
Peter Mikelbank
The Washington Post March 3, 1977, Thursday, Final Edition, Section D9

There's Room for Fitness Indoors
Nancy Scannell
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Track & Field: Life Can Begin at 40
Rick Schwartz
The Washington Post June 5, 1981, Friday, Final Edition, Weekend Section P48

Two Cheers for the Unfit
Meg Greenfield, Copyright 1977 Newsweek, Inc, reprint
The Washington Post December 28, 1977, Wednesday, Final Edition, Section A19

Washington's Cyclists Break for Finish Line
Patti Reilly
The Washington Post September 4, 1980, Thursday, Final Edition, Section F14

What We're Doing; Survey Shows an Area Sports Boom; Running, Swimming, Bicycling Top a Long List
Angus Phillips
The Washington Post July 15, 1980, Tuesday, Final Edition, Section D1

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The Young Contenders
Beach, Nancy
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Carol Krucoff
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Experts Find the U.S. Diet Rich in Fat, Sugars and Salt
Serrin, William
New York Times v129 Section A pA1 June 13, 1980

Keeping Pace with Changing Diets; A Step Ahead; Concern Over Eating Habits is Mounting, But Runners Are One Step Ahead of the Crowd
Marian Burros
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Obstacle Course for Athletes; Marathon Menu: Eating for the Run
Marian Burros
The Washington Post February 22, 1979, Thursday, final Edition, Section E

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Harry Jaffe
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Carol Krucuff
The Washington Post October 17, 1980, Friday, Final Edition, Section C5

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Kenneth Delinger
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'Life Sports': Volunteers to Forefront
Angus Phillips
The Washington Post July 12, 1981, Sunday, Final Edition, Section F3

'Put on Your Running Shoes and Let's Run'
Gary Davidson, Special to The Washington Post
The Washington Post April 7, 1977, Thursday, Final Edition, Section Md7

Stress/Trauma

Fitness: Hanging It All
Carol Krucoff
The Wasington Post April 20, 1981, Monday, Final Edition, Section C5

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Kathy Sawyer
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SECTION SIX: PSAs/FILM

PUBLIC SERVICE ANNOUNCEMENTS (PSAs)

Hoffman - LaRoche, Inc.

Hoffman-LaRoche, Inc.
340 Kingsland Street
Nutley, NJ 07110

"Good Health"

"Regular Check Ups"

"Relaxation for Energy"

National Association of Broadcasters (Radio)

National Association of Broadcasters (Radio)
1771 N Street, NW
Washington, DC 20036

President's Council on Physical Fitness and Sports
V.L. Nicholson, Director of Information
400 Sixth Street, NW, Suite 3030
Washington, DC 20201

"Exercise as a Preventive Health Care Measure"
- 60- and 30-second versions of three PSAs

National Association of Broadcasters (Television)

National Association of Broadcasters
1771 N Street, NW
Washington, DC 20036

American Heart Association
(Your local Heart Association Office)

"Cuts" (16-314 A/B)
- 30- and 20-second versions of a color film PSA
- fee charged

"Games" (16-319 A/B)
- 60- and 30-second versions of a color film PSA
- fee charged

"Guia Completa Del Andar, Una" (16-306M)
- 30- and 60-second versions of a Spanish language color film PSA
- fee charged

National Association of Broadcasters (Television) (continued)

"Numbers" (16-318 A/B)
- 30- and 60-second versions of a color film PSA
- fee charged

"Study" (16-309 A/B)
- 30- and 60-second versions of a color film PSA
- fee charged

"Tin Woodman" (16-311 A/B)
- 20- and 10-second versions of a color film PSA
- fee charged

"Wheelchair" (16-316 A/B)
- 30- and 60-second versions of a color film PSA
- fee charged

Young Men's Christian Association

Office of Communications
Joe A. Pissaro, Executive Director
291 Broadway
New York, NY 10007 (or local YMCAs)

"PSA"

RECORDS

National Association of Broadcasters (Radio)

National Association of Broadcasters (Radio)
1771 N Street, NW
Washington, DC 20036

American Heart Association
Distribution Department
National Center
7320 Greenville Avenue
Dallas, TX 75231

"Give Your Heart A Break"
- a 33-1/3 rpm record
- purchase or rental information provided by agency

FILMS AND VIDEOTAPES

Abbott Motion Picture Library

Abbott Laboratories
Audio Visual Services
565 Fifth Avenue
New York, NY 10017

"Coping with Stress" (ABT 678)
- videotape
- rental fee: $15 for 5 days; purchase price: $40-$45

National Association of Broadcasters (Television)

National Association of Broadcasters (Television)
1771 N Street, NW
Washington, DC 20036

American Heart Association
Your local Heart Association Office

"Better Odds for a Longer Life" (24-402)
- 18-minute color film
- fee charged

"Better Odds for a Longer Life (Spanish)" (24-4025)
- 18-minute color film
- fee charged

"Candidate for Stroke" (24-0393)
- 18-minute film
- fee charged

"Gotta Lot of Living To Do" (24-0564)
- 14-minute color film
- fee charged

"It's Your Heart" (24-0603)
- 27-minute film
- fee charged

"Our Way of Life" (24-0640)
- 27-minute color film
- fee charged

National Audio Visual Center

National Archives and Records Service
General Services Administration
Information Services JV
Washington, DC 20409

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SECTION SEVEN: Federally Funded Research Projects

DEPARTMENT OF AGRICULTURE

Physical Activity, Carbohydrate Metabolism and Obesity (RAT)
(FY 80 NR) Stern; Univ. of California
SPONSOR: Cooperative Research Office, CA
GY-68979-4 (1975-1980)

Influence of Exercise on the Metabolism of Amino Acids and Protein by Muscle Tissue (RAT)
(FY 79 NR) Dohm; Univ. of North Carolina
SPONSOR: Beltsville Agricultural Research Center, MD
GY-41727-4 (1974-1979)

Receptor Site Location in the Control of Respiration During Exercise (ANIMAL)
(FY 80 NR) Fedde; Kansas State Univ.
SPONSOR: Dept. of Agriculture, DC
GY-75376-2 (1977-1983)

Regulation of Energy Balance by Adapative Changes in Thermogenesis (RAT)
(FY 80 NR) Tagliaferro; Univ. of New Hampshire
SPONSOR: Cooperative Research Office, NH
GY-80096 (1979-1982)

Correlation of Atherosclerosis with Fat Intake and Exercise (DOG)
(FY 80 NR) Manspeaker; Univ. of Maryland
SPONSOR: Dept. of Agriculture, DC
GY-80278 (1977-1980)

DEPARTMENT OF DEFENSE

Cardiac Changes During Exercise Conditioning and Acceleration (PIG)
(FY 81 $93,271) Stone; Univ. of Oklahoma
SPONSOR: Office of Scientific Research, DC
GQF-50410-3 (1977-1980)

Studies in Combat Fracture Healing (DOG)
FY 81 NR) Bellamy; Army Dept. of Surgery, Presidio of San Francisco
SPONSOR: Letterman Army Inst. of Research, Presidio of San Francisco, CA
ZQA-56309-2 (1977-)

Biochemical Adaptations and Dietary Interactions of Exercise Training (RAT)
(FY 81 NR) Askew; Army Dept. of Nutrition, Presidio of San Francisco
SPONSOR: Letterman Army Inst. of Research, Presidio of San Francisco, CA
ZQA-56310-2 (1977-)

Metabolic Support Following Combat Injury (ANIMAL)
(FY 81 NR) Scott; Army; Dept. of Surgery, Presidio of San Francisco
SPONSOR: Letterman Army Inst. of Research, Presidio of San Francisco, CA
ZQA-72387-1 (1979-)

Effects of Infection on Muscle Enzymes in Relation to Physical Training (RAT)
(FY 81 NR) Neufeld; Army; Medical Research Inst. of Infectious Diseases, Fort Detrick
SPONSOR: Medical Research Inst. of Infectious Diseases, Fort Detrick, MD
ZQA-106419-2 (1977-NA)

Regulation of Body Weight (HUMAN)
(FY 81 NR) Goldman; Army; Research Inst. of Environmental Medicine
SPONSOR: Army; Research Inst. of Environmental Medicine, Natick, MA
ZQA-36125-3 (1977-)

Structural and Functional Alterations in Cells, Tissues and Organs Induced by Exposure to Environmental Extremes (RAT)
(FY 81 NR) Bowers; Army; Research Inst. of Environmental Medicine
SPONSOR: Army; Research Inst. of Environmental Medicine, Natick, MA
ZQA-36133-2

Relationships Between Physical Training Acclimatization and Heat Tolerance (RAT)
(FY 81 $22,000) Gisolfi; University of Iowa
SPONSOR: Office of Naval Research, VA
GQN-223417-8 (1972-)

Personnel Technology: Neuroendocrine Correlates of Stress in Specialized Populations (HUMAN)
(FY 81 $40,673) Rubin; LA County Harbor General Hospital
SPONSOR: Office of Naval Research, VA
GQN-775371-3 (1977-)

Adrenal Function and Physiological Cross-Adaptation as Factors Affecting Susceptibility to Decompression Sickness (MICE, RAT)
(FY 79 NR) Rattner; Naval Medical Research Inst.
SPONSOR: Naval Medical Research Inst., MD
ZQN-877527 (1977-)

Equine Endurance Racing - Its Effect on 2, 3, Diphosphoglycerate & Oxyhemoglobin Affinity (HORSE)
(FY 79 NR) Boucher; Armed Forces Inst. of Pathology, Walter Reed
SPONSOR: Armed Forces Inst. of Pathology, Walter Reed, DC
ZTI-466 (1979-NA)

Cardiovascular Response to Radiation (ANIMAL)
(FY 80 NR) Hawkins; Armed Forces Radiobiology Research Inst.
SPONSOR: Armed Forces Radiobiology Research Inst., MD
ZQP-90255-2 (1977-1980)

DEPARTMENT OF DEFENSE (con't)

Homeostatic and Hematologic Alterations with Exercise (HUMAN)
(FY 81 NR)   Ferguson; Uniformed Services Univ. of the Health Sciences
SPONSOR: Defense Advanced Research Projects Agency, VA
ZQQ-700026-1   (1979-   )

Performance and Pyruvate Metabolism of the Heart (GUINEA PIG)
(FY 81 NR)   Rolf; Uniformed Services Univ. of the Health Sciences
SPONSOR: Defense Advanced Research Projects Agency, VA
ZQQ-700030-1   (1979-   )

Fibrinogen a Alpha-Chain Degradation by Exercise (HUMAN)
(FY 80 NR)   Ferguson; Uniformed Services Univ. of the Health Sciences
SPONSOR: Uniformed Services Univ. of the Health Sciences, MD
ZQQ-700002-2   (1976-   )

DEPARTMENT OF HEALTH AND HUMAN SERVICES

Quadriceps Pacing, Phase III - Relative Effects of Dynamic & Static Exercise Programs on Maximal Isometric Strength & Motor Unit Synchrony
(HUMAN) (FY 79 $23,575)   deLateur; Univ. of Washington
SPONSOR: National Inst. of Handicapped Research
GWB-1947-1   (1977-1980)

Exercise, General Activity Level and Aging (RAT, MICE)
(FY 79 NR)   Goodrick; National Inst. on Aging
SPONSOR: National Inst. on Aging, MD
ZXL-312-5   (1976-1979)

Effect of Age on Beta Cell Structure and Function (RAT)
(FY 81 $43,752)   Reaven; Veterans Administration
SPONSOR: National Inst. on Aging, MD
1AG-1237-3   (1978-1981)

Aging on the Cellular and Tissue Level (ANIMAL)
(FY 80 $106,099)   Harrison; Jackson Laboratory, ME
SPONSOR: National Inst. on Aging, MD
1AG-1755-1   (1980-1981)

Longitudinal Effects of Exercise on Reactive Capacity (RAT)
(FY 80 $52,992)   Spirduso; Univ. of Texas
SPONSOR: National Inst. on Aging, MD
1AG-2071-1   (1980-1981)

Undernutrition and Aging - Biobehavioral Effects (RAT)
(FY 80 $95,885)   Campbell; Princeton Univ.
SPONSOR: National Inst. on Aging, MD
1AG-2447-1   (1980-1981)

Exercise-Induced Biochemical and Anatomic Adaptions (RAT)
(FY 80 $118,967) Holloszy; Washington Univ. School of Medicine
SPONSOR: National Inst. on Aging, MD
1HD-1613-16 (1977-1981)

Disuse and Exercise in Conditions of Muscular Atrophy (RAT)
(FY 80 $80,638) Booth; Univ. of Texas
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-19393-5 (1977-1981)

Exercise, Meals and Protein Synthesis (HUMAN)
(FY 80 NR) Cahill; Joslin Diabetes Foundation Inc.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
BW-83-5 (1977-1981)

Effect of Insulin and Exercise on Muscle Protein in Fasting (HUMAN)
(FY 80 NR) Finley; Joslin Diabetes Foundation Inc.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
DF-1441-3 (1977-1981)

Effect of Ingested Protein and Exercise on Muscle Protein Conservation
(HUMAN) (FY 80 NR) Finley; Joslin Diabetes Foundation Inc.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
DF-1442-3 (1977-1981)

Effects of Exercise on Lipid and Carbohydrate Metabolism (HUMAN)
(FY 79 $12,406) Goldberg; Washington Univ School of Medicine
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
DD-607-1 (1979)

Effects of Weight-Reduction on Glucose Tolerance and Gluco-Regulatory
Hormones (HUMAN)
(FY 80 NR) Reitman; National Inst. of Arthritis, Metabolism and
Digestive Diseases
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
ZKA-664-3 (1976-1980)

Effects of Environmental Stress (Hypoxia, Exercise, Smoke) (ANIMAL)
(FY 80 NR) Altland; National Inst. of Arthritis, Metabolism and
Digestive Diseases
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases,MD
ZKA-680030-12 (1976-1980)

Free Radical Lipid Peroxidation Damage (RAT)
(FY 80 $60,198) Tappel; Univ. of California
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-9933-24 (1977-1980)

Metabolic Interrelationships of Obesity and Diabetes (HUMAN)
(FY 80 $188,242) Sims; Univ. of Vermont & State Agric. College
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-10254-16 (1977-1981)

Physical Exercise and Lipoprotein Lipase Activity (RAT)
(FY 79 $72,934) Borensztajn; Northwestern Univ.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-16831-6 (1976-1980)

Lipid Metabolism and Exercise (ANIMAL)
(FY 80 $18,722) Oscai; Univ. of Illinois
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-17357-7 (1978-1980)

Adaption of Muscle to High-Intensity Exercise (CAT)
(FY 80 $79,286) Gonyea; Univ. of Texas
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-17615-6 (1977-1981)

Physical Activity, Pancreatic Function and Obesity (MICE, RAT)
(FY 80 $97,399) Stern; Univ. of California
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-18899-6 (1978-1981)

Carbohydrate and Fat Metabolism During Exercise (RAT, FROG)
(FY 80 $73,019) Holloszy; Washington Univ. School of Medicine
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-18986-5 (1978-1981)

Control of Muscle Protein Metabolism During Exercise (RAT)
(FY 79 $4,372) Dohm; Univ. of North Carolina
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-19116-4 (1977-1979)

Glucose and Amino Acid Metabolism in Skeletal Muscle (ANIMAL)
(FY 80 118,183) Ruderman; Univ. Hospital Inc., Boston
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-19514-5 (1977-1981)

Tracer Studies on Lactate Metabolism During Exercise (RAT)
(FY 80 $53,062) Brooks; Univ. of California
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-19577-4 (1978-1981)

Force-EMG Signal Relation for Isometric Contractions (HUMAN)
(FY 79 $69,222) DeLuca; Childrens Hospital Medical Center, Boston
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-19665-3 (1978-1980)

Control of Liver Glycogenolysis During Exercise (RAT)
(FY 79 $6,666) Winder; Washington Univ. School of Medicine
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-20384-2 (1978-1980)

Glucagon and Insulin Receptors in Glucose Metabolism (RAT)
(FY $53,607) Soman; Yale Univ.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-21158-3 (1977-1980)

Skeletal Muscle Adaptations Induced by Training (ANIMAL)
(FY 80 $78,333) Terjung; State Univ. of New York
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-21617-4 (1977-1981)

Exercise, Training and Regulation of Lipid Metabolism (RAT)
(FY 79 $52,792) Shepherd; Univ. of Toledo
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-21912-1 (1979-1980)

Locomotion - Idling Metabolism and Gait Dynamics (ANIMAL)
(FY 80 $66,150) Armstrong; Oral Roberts Univ.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-25472-3 (1978-1981)

Coupling of Food Intake to Energy Expenditure (HAMSTER, RAT)
(FY 81 $21,024) Rowland; Univ. of Pittsburgh
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-26231-2 (1979-1981)

Effects of Exercise on Insulin Resistance in Muscle (RAT)
(FY 80 $122,194) Horton; Univ. of Vermont & State Agric. College
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-26317-1 (1980-1981)

Determination of Optimal Hypocaloric Diet (ANIMAL)
(FY 81 $69,410) Bistrian; Massachusetts Inst. of Technology
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-26349-2 (1979-1981)

Effects of Exercise and Weight Loss on Blood Lipids (HUMAN)
(FY 81 $6,715) Leon; Univ. of Minnesota
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-26879-2 (1980-1982)

Control of Liver Glycogenolysis During Exercise (ANIMAL)
(FY 80 $30,965) Winder; Univ. of South Dakota
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-27107-2 (1979-1981)

Exercise, Training and Regulation of Lipid Metabolism (RAT)
(FY 80 $55,233)   Shepherd; Louisiana State Univ.
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1AM-28521-1   (1980-1981)

GH and Prolactin in Growth and Tumorigenesis (HUMAN)
(FY 79 $137,574)   VanderLaan; Scripps Clinic & Research Foundation
SPONSOR: National Inst. of Arthritis Metabolism & Digestive Diseases, MD
1CA-14025-7   (1978-1979)

Dietary Modifications, Exercise and Tumor Growth (ANIMAL)
(FY 80 $82,842)   de Rosa; Univ. of Louisville
SPONSOR: National Cancer Inst., MD
1CA-25602-2   (1979-1981)

Exercise Hemodynamics and Respiration in Pregnancy (HUMAN, PYGMY GOATS)
(FY 80 NR)   Metcalfe; Univ. of Oregon Health Sciences Center
SPONSOR: National Inst. of Child Health & Human Development, MD
CK-1315-5   (1977-1981)

Fetal Oxygenation and Placental Gas Exchange (HUMAN)
(FY 80 $154,909)   Longo; Loma Linda Univ.
SPONSOR: National Inst. of Child Health & Human Development, MD
1HD-3807-12   (1978-1981)

Physical Training and Human Ovarian Function (HUMAN)
(FY 80 $27,085)   Robertshaw; Colorado State University
SPONSOR: National Inst. of Child Health & Human Development, MD
1HD-13778-1   (1980-1981)

Dynamics and Control of Fetal Oxygenation (HUMAN)
(FY 80 $426,514)   Longo; Loma Linda Univ.
SPONSOR: National Inst. of Child Health & Human Development, MD
1HD-13949-1   (1980-1981)

Effects of Exercise on Respiratory Control (DOG)
(FY 79 NR)   Bainton; Univ. of California
SPONSOR: National Inst. of General Medical Sciences, MD
DP-653   (1977-1979)

Exercise on Respiratory Control (DOG)
(FY 80 NR)   Bainton; Univ. of California
SPONSOR: National Inst. of General Medical Sciences, MD
CK-1117-4   (1976-1980)

Dynamics and Interaction of Chemical Control at Rest and Exercise (HUMAN,
(DOGS) (FY 80 NR)   Grodins; Univ. of Southern California
SPONSOR: National Inst. of General Medical Sciences, MD
CX-268-3   (1977-1981)

Cardiopulmonary Control Coupling in Exercise (DOG)
(FY 80 NR) Grodins; Univ. of Southern California
SPONSOR: National Inst. of General Medical Sciences, MD
CS-269-3 (1977-1981)

Human Exercise Studies (HUMAN, DOG)
(FY 80 NR) Blomqvist; Univ. of Texas
SPONSOR: National Heart Lung & Blood Inst., MD
BD-2997-7 (1977-1981)

Cardiovascular Control During Isometric Exercise (CAT)
(FY 80 NR) Mitchell; Univ. of Texas
SPONSOR: National Heart Lung & Blood Inst., MD
DE-1940-3 (1977-1981)

Exercise and Echocardiographic Examining Techniques (HUMAN)
(FY 80 NR) Dillon; Indiana Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
ED-1606-2 (1978-1981)

Comparative Physiology of Exercise in Hypobaria (BIRDS)
(FY 80 NR) Schmidt-Nielsen; Duke Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
DE-1978-3 (1977-1980)

Studies in Exercise (HUMAN, DOG)
(FY 80 NR) Gelfand; Univ. of Pennsylvania
SPONSOR: National Heart Lung & Blood Inst., MD
BQ-1485-5 (1976-1980)

Simulation of the Increased Metabolism of Exercise (DOG)
(FY 80 NR) Clark; Univ. of Pennsylvania
SPONSOR: National Heart Lung & Blood Inst., MD
BQ-1489-5 (1976-1980)

Chemical and Neurogenic Components of Respiratory Simulation in Exercise
(HUMAN) (FY 80 NR) Clark; Univ. of Pennsylvania
SPONSOR: National Heart Lung & Blood Inst., MD
BQ-1490-5 (1976-1980)

Exercise Electrophysiology (HUMAN)
(FY 79 NR) Sheffield; Univ. of Alabama at Birmingham
SPONSOR: National Heart Lung & Blood Inst., MD
DE-2044-2 (1977-1980)

Control of Breathing in Exercise (HUMAN, DOG)
(FY 80 NR) Weil; Univ. of Colorado
SPONSOR: National Heart Lung & Blood Inst., MD
DE-2172-3 (1977-1981)

Exercise, Increased Ventilation Effect on Airway Exposure (HAMSTER, DOG)
(FY 80 NR) Brain; Harvard Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
CK-1593-3 (1976-1980)

Ventricular Function During Exercise Before and After Aortic Valve Replacement (HUMAN)
(FY 79 NR) Borer; National Heart Lung & Blood Inst.
SPONSOR: National Heart Lung & Blood Inst., MD
ZXH-1845-2 (1976-1979)

Effect of Exercise on Atherogenesis in Minature Swine Fed a High-Cholesterol Diet (PIG)
(FY 79 NR) Reitman; National Heart Lung & Blood Inst.
SPONSOR: National Heart Lung & Blood Inst., MD
ZXH-1944-1 (1977-1979)

Left Ventricular Function in Aortic Stenosis - Effects of Operation (HUMAN) (FY 79 NR) Borer; National Heart Lung & Blood, Inst.
SPONSOR: National Heart Lung & Blood Inst., MD
ZXH-1985-1 (1977-1979)

Effects of Exercise Conditioning on Plasma High Density Lypoproteins (HUMAN) (FY 79 NR) Lipson; National Heart Lung & Blood, Inst.
SPONSOR: National Heart Lung & Blood Inst., MD
ZXH-2121 (1978-1979)

Abnormal Hemoglobin Syndromes (HUMAN)
(FY 79 $32,662) McCurdy; Georgetown Univ. School of Medicine
SPONSOR: National Heart Lung & Blood Inst., MD
1AM-2823-19 (1976-1980)

Respiration, Circulation, & Heat Regulation in Exercise (MAMMAL, BIRD)
(FY 79 $174,514) Schmidt-Nielsen; Duke Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-2228-25 (1977-1980)

Response of the Totally Denervated Heart to Exercise (DOG)
(FY 80 $117,545) Donald; Mayo Foundation
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-6143-20 (1978-1981)

Cardiovascular and Pulmonary Adaptation to Stress (HUMAN, ANIMAL)
(FY 80 $415,498) Mitchell; Univ. of Texas
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-6296-20 (1977-1981)

Lipemia - Carboydrate and Glyceride Metabolism (RAT)
(FY 81 $93,697) Reaven; Stanford Univ. School of Medicine
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-8506-18 (1978-1981)

EPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Regulation of Ventilation and Pulmonary Circulation (HUMAN)
(FY 80 $1,134,845) Fishman; Univ. of Pennsylvania
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-8805-17 (1977-1981)

The Myocardium in Diabetes Mellitus (DOG)
(FY 81 $153,374) Regan; New Jersey Medical School
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-9914-16 (1978-1981)

Mechanisms of Physiological Responses to Exercise (DOG)
(FY 80 $121,990) Wasserman; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HE-11907-10 (1977-1981)

Role of Chemicals in Local Blood Flow Regulation (GUINEA PIG)
(FY 79 $55,463) Scott; Michigan State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-10879-11 (1979-1980)

Environmental Influences on Cardiopulmonary and Cellular (HUMAN)
(FY 80 $474,230) Rennie; State Univ. of New York
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-14414-9 (1977-1981)

Adaptation to Hypoxia (HUMAN)
(FY 80 $48,437) Grover; Univ. of Colorado
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-14985-10 (1978-1981)

Effects of Physical Training on the Heart (RAT)
(FY 81 $122,238) Scheuer; Montefiore Hospital & Medical Center,NY
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-15498-9 (1978-1981)

Dynamic Isolation Studies of Control of Respiration
(FY 79 $49,354) Bellville; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-15659-6 (1977-1979)

Cardiopulmonary Control Coupling in Exercise (DOG)
(FY 81 $56,163) Grodins; Univ. of Southern California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-16390-8 (1978-1981)

Effect of Training-Detraining on the Rat Heart
(FY 79 $66,893) Fuller; Emory Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-16420-4 (1977-1980)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Left Ventricular Function in Exercise (DOG)
(FY 80 $107,180) Horwitz; Univ. of Colorado
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-16656-8 (1977-1981)

Metabolic Control of Cardiac Output
(FY 79 $0) Liang; Boston Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17403-4 (1977-1980)

Myocardial Ischemia (DOG)
(FY 80 $159,802) Vatner; Harvard Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17459-5 (1977-1980)

SCOR on Ischemic Heart Disease (ANIMAL)
(FY 80 $1701,313) Sobel; Washington Univ. School of Medicine
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17646-6 (1978-1980)

Specialized Center of Research in Ischemic Heart Disease (ANIMAL)
(FY 81 $803,993) Ross; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17682-7 (1978-1981)

Peripheral Venomotor Control in Thermal Stress (HUMAN)
(FY 80 $78,112) Wenger; John B. Pierce Foundation of Connecticut
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17732-5 (1978-1981)

Effects of Exercise on the Coronary Vasculature (DOG)
(FY 80 $95,903) Cohen; Montefiore Hospital & Medical Center, NY
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-17809-6 (1977-1981)

Exercise and Reversal of Cardiovascular Atherosclerosis (MONKEY)
(FY 79 $94,575) Kramsch; Univ. Hospital Inc., Boston
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-18060-6 (1977-1981)

Hypertension Center - SCOR (ANIMAL)
(FY 81 $1470,913) Laragh; Cornell Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-18323-7 (1977-1981)

Subcellular Response of Heart to Functional Overload (HAMSTER)
(FY 79 $98,938) Gollnick; Washington State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-18527-4 (1978-1980)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Functional Characteristics of the Left Heart (HUMAN)
(FY 80 $170,349) Dodge; Univ. of Washington School of Medicine
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-19451-5 (1977-1981)

Effects of Exercise on the Heart and its Blood Supply (DOG)
(FY 80 $3,734) Barnard; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-20253-4 (1977-1979)

Pathogenesis of Peripheral Arterial Disease
(FY 80 $104,123) Fronek; Univ. of California
SPONSOR: National Heart Lung & Blood Inst, MD
1HL-20564-5 (1978-1981)

The Coronary Vascular Response to Ischemia (DOG)
(FY 79 $61,085) Bache; Univ. of Minnesota
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-20598-4 (1977-1980)

Blood Volume and Venous Return in Thermal Strain (HUMAN)
(FY 81 $83,768) Nadel; John B. Pierce Foundation of Connecticut
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-20634-4 (1977-1981)

Regulation of Skin Blood Flow in Man
(FY 80 $37,257) Johnson; Univ. of Texas
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-20663-4 (1977-1981)

Compensatory Responses to Arterial Occlusion (HUMAN)
(FY 80 $47,837) Conrad; Eastern Virginia Medical School
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-21034-3 (1978-1981)

Influence of Chronic Exercise on Hypertensives (RAT)
(FY 80 $79,008) Tipton; Univ. of Iowa
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-21245-4 (1977-1981)

Dynamics of Interstitial Space in Whole Animals (RAT)
(FY 79 $53,207) Senay; St. Louis Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-21282-2 (1978-1980)

Hypertension, Microvascular Control and Exercise (RAT)
(FY 80 $41,079) Wiegman; Univ. of Missouri
SPONSOR: National Heart Lung & Blood Inst, MD
1HL-21901-3 (1978-1980)

Cardiac Adaptation to Physical Training (DOG)
(FY 80 $52,742) Stone; Univ. of Oklahoma
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-22154-3 (1978-1981)

Regulation of Cardiac Adaptation to Exercise (RAT)
(FY 80 $63,771) Baldwin; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-22361-3 (1978-1981)

Stress and Myocardial Injury - A Systematic Study (ANIMAL)
(FY 80 $93,544) Miller; State Univ. of New York
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-22810-2 (1978-1980)

Repetitive Exercise and Cardiac Enlargement (DOG)
(FY 80 $4,978) Stone; Univ. of Oklahoma
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-23206-3 (1978-1981)

Myocardial Hypertrophy & Failure in Conscious Animals (DOG)
(FY 80 $109,949) Vatner; Peter Bent Brigham Hospital, Boston
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-23724-2 (1979-1981)

Cardiac Function During Exercise (BIRD)
(FY 80 $40,464) Grubb; Duke Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-24269-2 (1979-1981)

Exercise Training and Plasma Lipoproteins in Man
(FY 80 $98,224) Wood; Stanford Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-24462-2 (1979-1981)

Myocardial Response to Infarction (RAT)
(FY 81 $96,495) Anversa; New York Medical College
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-24479-1 (1981-1982)

Membrane Receptors and Physical Conditioning
(FY 81 $45,000) Williams; Duke University
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25146-2 (1979-1981)

Comparison of Heart Function in Male and Female Rats
(FY 81 $29,529) Schaible; Montefiore Hospital & Medical Center, NY
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25372-2 (1980-1981)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Quantitative Evaluation of Exercise Hyperpnea (HUMAN)
(FY $46,255) Greco; Univ. of Miami
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25413-1 (1980-1981)

Cardiovascular Regulation During Isometric Exercise (HUMAN)
(FY 80 $44,217) Gaffney; Univ. of Texas
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25710-1 (1980-1981)

Mechanism of Exercise Hyperemia (DOG)
(FY 80 $67,071) Sparks; Michigan State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25779-1 (1980-1981)

Cardio-Respiratory Responses to Isometrics (CAT)
(FY 80 $87,303) Petrofsky; Wright State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-25977-1 (1980-1981)

Ventilation and Voluntary Control of Breathing Pattern (HUMAN)
(FY 80 $78,100) Folinsbee; Univ. of California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26034-1 (1980-1981)

Lipoproteins in Active Men - Role of Exercise and Diet
(FY 81 $105,993) Thompson; Brown Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26697-1 (1981)

Role of Neural Pathways in Exercise Hyperpnea
(FY $49,036) Bennett; Univ. of Southern California
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26796-1 (1980-1981)

Heat, Exercise, Body Fluids and ADH (RAT)
(FY 81 $98,660) Senay; St. Louis Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26859-1 (1980-1981)

Effect of Diet on High Density and Other Lipoproteins (HUMAN)
(FY 80 $89,373) Oh; Oregon State Univ.
SPONSOR: National Heart Lung & Blood Inst., MD
1HL-26934-1 (1980-1981)

Hypothalamic Function in Exercise Thermoregulation (MONKEY)
(FY 81 $70,603) Gisolfi; Univ. of Iowa
SPONSOR: National Inst. of Neurological & Communicative Dis. & Stroke, MD
1NS-14745-4 (1978-1981)

Neuromuscular Plasticity - Recovery after Spinalization (CAT)
(FY 80 $752,033) Edgerton; Univ. of California
SPONSOR: National Inst. of Neurological & Communicative Dis. & Stroke, MD
1NS-16333-1 (1980-1981)

Biophysics of Muscular Exercise (HUMAN)
(FY 80 $90,989) Ritchie; John. B. Pierce Foundation of Connecticut
SPONSOR: National Inst. of Neurological & Communicative Dis. Stroke, MD
1NS-16338-1 (1980-1981)

Effect of Exercise on Lipid and CHO Metabolism in Hemodialysis (HUMAN)
(FY 80 NR) Goldberg; Washington Univ. School of Medicine
SPONSOR: Division of Research Resources, MD
ED-120-2 (1977-1980)

Cardiac Output and Metabolic Changes During Exercise (HUMAN)
(FY 80 NR) Rowell; Univ. of Washington School of Medicine
SPONSOR: Division of Research Resources, MD
BC-446-6 (1976-1980)

Effect of Physical Training on Lipoprotein Metabolism (HUMAN)
(FY 80 NR) Bierman; Univ. of Washington School of Medicine
SPONSOR: Division of Research Resources, MD
FG-92 (1979-1980)

Exercise and Pacing Ventriculography - Coronary Artery Disease (HUMAN)
(FY 80 NR) Lo; Univ. of Michigan
SPONSOR: Division of Research Resources, MD
EN-81-1 (1978-1980)

Exercise and Pacing Ventriculography (HUMAN)
(FY 80 NR) Lo; Univ. of Michigan
SPONSOR: Division of Research Resources, MD
EN-96-1 (1978-1980)

Effect of Exercise on Insulin Absorption in Diabetes (HUMAN)
(FY 80 NR) Felig; Yale Univ.
SPONSOR: Division of Research Resources, MD
DE-808-3 (1976-1980)

Effect of Exercise on Insulin Mobilization (HUMAN)
(FY 80 NR) DeFronzo; Yale Univ.
SPONSOR: Division of Research Resources, MD
EV-234-1 (1978-1980)

Exercise on Aldosterone, Blood Pressure and Renin in Angiotensin Blockade
(HUMAN) (FY 80 NR) Anderson; State Univ. of New York
SPONSOR: Division of Research Resources, MD
FG-583 (1979-1980)

DEPARTMENT OF HEALTH AND HUMAN SERVICES (con't)

Effect of Exercise on Plasma Renin and Arteriosclerosis (HUMAN)
(FY 80 NR) Anderson; State Univ. of New York
SPONSOR: Division of Research Resources, MD
FG-587 (1979-1980)

Exercise Induced Proteinuria in Diabetes (HUMAN)
(FY 79 NR) Barbosa; Univ. of Minnesota
SPONSOR: Division of Research Resources, MD
ED-732-1 (1977-1979)

Exercise and Growth Hormone (HUMAN)
(FY 80 NR) Vanderlaan; Scripps Clinic & Research Foundation
SPONSOR: Division of Research Resources, MD
FG-750 (1979-1980)

Effect of Insulin and Exercise on Forearm Metabolism in Fasting (HUMAN)
(FY 79 NR) Cahill; Peter Bent Brigham Hospital, Boston
SPONSOR: Division of Research Resources, MD
EV-364 (1978-1979)

Prostaglandin, Catecholamine, Kallikrein and Exercise in Hypertension (HUMAN) (FY 80 NR) Halushka; Medical Univ. of South Carolina
SPONSOR: Division of Research Resources, MD
CX-394-3 (1977-1980)

Effects of Antihypertensive Drugs and Exercise on Spontaneous Hypertensive Rats
(FY 79 NR) Burgess; Meharry Medical College
SPONSOR: Division of Research Resources, MD
DF-1737-2 (1977-1980)

Psychosocial and Biomedical Interactions in Juvenile Diabetes (HUMAN)
(FY 80 NR) Hamburg; National Inst. of Mental Health
SPONSOR: National Inst. of Mental Health, MD
ZXM-837-1 (1978-1980)

NATIONAL AERONAUTICS AND SPACE ADMINISTRATION

Insulin Resistance in Animals Exposed to Weightlessness in Spaceflight
(Effect of Exercise Training)
(FY 80 $7,946) Reaven; Stanford Univ. School of Medicine
SPONSOR: Ames Research Center, CA
FD-221-1 (1980-1981)

NATIONAL SCIENCE FOUNDATION

Oxygen Transport in High Altitude Andean Natives
(FY 80 $0)   Winslow; National Inst. of Health
SPONSOR: Div. of International Programs, DC
GSN-3257-2   (1978-1980)

Acceleration of Growth by Exercise (HAMSTERS)
(FY 80 $34,799)   Borer; Univ. of Michigan
SPONSOR: Div. of Physiology Cellular and Molecular Biology, DC
DI-506-2   (1978-1981)

VETERANS ADMINISTRATION

Spinal Cord Reconstruction for Correction of Traumatic Paraplegia (ANIMAL) (FY 79 NR)   Kao; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-33052-7   (1977-NA)

Left Ventricular Function in Man
(FY 80 NR)   Kennedy; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-36435   (1979-NA)

Mediating Physiological Process of the Activity-Stress Ulcer (RAT)
(FY 79 NR)   Pare; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-37302-4   (1977-NA)

Isolation, Characterization and Measurement of Platelet Factor 4 (HUMAN)
(FY 80 NR)   Levine; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-37585-5   (1977-NA)

Biological Variations in Whole Blood Constituents (HUMAN)
(FY 79 NR)   Harris; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-38678-3   (1977-NA)

Canine Skeletal Responses to Exercise Stress
(FY 80 NR)   Albright; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-39496-4   (1977-NA)

Influence of Muscular Exercise and Serum Renin Levels on the Hemodynamic Features of Systematic Arterial Hypertension (HUMAN)
(FY 80 NR)   Hamilton; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-40280-3   (1977-NA)

Ventricular Segment Function During Exercise Induced Ischemia (HUMAN)
(FY 80 NR) Lipscomb; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42222-2 (1978-NA)

Clinical Pharmacology of Cardiovascular Drugs - Biological Effects in Relation to Plasma Concentration (HUMAN)
(FY 79 NR) McAllister; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42248-1 (1978-NA)

Blood Lipoprotein Levels Between Male Athletics and Non-Atheletes in the 18 through 21 Year Old Age Group (HUMAN)
(FY 79 NR) Porter; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42257-1 (1978-NA)

Spontaneous Exercise and Tissue Insulin Sensitivity (RAT)
(FY 80 NR) Reaven; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42466-2 (1978-NA)

Relationship of Left Ventricular Performance to Myocardial Ischemia (HUMAN) (FY 79 NR) Jensen; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42757-1 (1978-NA)

The Effect of Exercise on Arterial Wall Permeability (BIRD)
(FY 80 NR) Etekowitz; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-42893-2 (1978-NA)

Mapping of Body Surface Isopotentials During Exercise (HUMAN)
(FY 79 NR) Mirvis; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-43252-1 (1979-NA)

Structural and Functional Properties of Normal and Repaired Ligaments (DOG) (FY 81 NR) Woo; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44338-2 (1979-NA)

The Effect of Daily and Simulated Exercise in Canine Ischemic Heart Model
(FY 79 NR) Hwang; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44440 (1979-NA)

Changes in Serum Prolactin Levels Induced by Exercise (HUMAN)
(FY 80 NR) Cohen; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44617-1 (1979-NA)

Endocrine Response to Exercise in Amenorrheic Athletes
(FY 80 NR)   Cohen; U.S. Veterans Admin
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44618-1   (1979-NA)

Carbon Dioxide Responsiveness in Runners after Retraining
(FY 79 NR)   Rotkis; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44729   (1979-NA)

The Effect of Stress on Human Blood Platelets
(FY 81 NR)   George; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-44936-1   (1980-NA)

Comparative Left Ventricular Function in Well-Trained Subjects - An Echocardiographic Study (HUMAN)
(FY 80 NR)   Cohen; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-45079-1   (1979-NA)

Assessment of Ventricular Function, Graft Patency and Exercise Performance Five or More Years After Saphenous Vein By-Pass Grafting (HUMAN) (FY 80 NR)   Hammermeister; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-45154-1   (1979-NA)

The Effect of Endurance Training in the Resting Electrical Potential Difference of Skeletal Muscle Cells in Man (HUMAN)
(FY 80 NR)   Knochel; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-45195   (1980-NA)

The Effect of Supplemental Intravenous Protein on Muscle Strength and Stamina (HUMAN)
(FY 80 NR)   Soroff; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-45851   (1980-NA)

Carbon Dioxide Responsiveness in Women Undergoing a Running Training Program (FY 80 NR)   Cobb; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-46167   (1980-NA)

Comparison of Left Ventricular Function at Rest and During Exercise in Athletes and Normal Controls
(FY 80 NR)   Ahmad; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-46210   (1980-NA)

Coronary Collateral Development in Awake Pigs and Dogs - The Effects of Ventricular Hypertrophy, Exercise and Drugs
(FY 80 NR) Fedor; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-46255 (1980-NA)

Ventricular Hypertrophy and Ischemic Heart Disease in Hypertensives (HUMAN) (FY 80 NR) Balu; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-46416 (1980-NA)

Wick Catheter and Bioengineering Studies of Neuromusculoskeletal Diseases (DOG) (FY 81 NR) Hargens; U.S. Veterans Admin.
SPONSOR: Dept. of Medicine and Surgery, DC
ZO-47173 (1980-NA)

APPENDIX A: CONTACT LETTER

The Granville Corporation

1133 FIFTEENTH STREET, N.W., SUITE 1100, WASHINGTON, D.C. 20005
PHONE: (202) 638-4550

July 27, 1981

Dear Health Information Provider:

The Granville Corporation, under contract to the United States Department of Health and Human Service's Office of Disease Prevention and Health Promotion, is in the process of compiling a comprehensive listing of physical fitness and health-related promotional materials. We are contacting your organization in the hope that if you make available such promotional materials, you will help us with this compilation.

Specifically, we are collecting brochures, pamphlets and radio and television public service announcements (PSAs) that either directly or indirectly promote physical fitness, exercise and recreation and are currently available to the general public either free of charge or at a nominal fee (i.e, $3.00 or less).

Please aid us in this effort by forwarding one copy of each of your free-of-charge materials as well as any other materials which promote physical fitness, exercise and/or recreation that you are willing to send us free of charge for inclusion in the Compendium. If you have produced or provide PSAs which promote physical fitness, please send us a listing of these materials and include titles, costs, ordering and other pertinent information. Please forward the same information to us for all materials promoting physical fitness that you make available to the general public, but do not feel you can provide to us without charge. In the event that some of your materials have limited availability or restricted usage, please designate them as such so that this information will be included in the Compendium data-base. A self-addressed mailing label is enclosed for your response to our request. If you do not provide the materials we seek, please let us know so we will avoid contacting you again.

Once the material is compiled, it will be organized by content area, distributor, and target audience. The final product will be a Compendium of physical fitness and health-related promotional materials. The Compendium will provide a complete, non-redundant information dissemination system for surveyors of health information and promotion in the Federal government.

Finally, if you know of other groups making physical fitness and related health promotion materials available to the public, please let us know about them so that we may contact them and request copies of their materials.

Thanking you in advance for your contribution to this effort I am,

Sincerely,

Jane F. McGlade

Jane F. McGlade
Project Manager

JFM:ljs

Enclosure

GOVERNMENT AGENCIES:
FEDERAL

COMMUNITY SERVICES ADMINISTRATION

Community Services Administration
Program Development Office
1200 Nineteenth Street, N.W.
Washington, DC 20506

Community Services Administration
Office of Public Information
1200 Nineteenth Street, N.W.
Washington, DC 20506

CONSUMER PRODUCT SAFETY COMMISSION

National Injury Information Clearinghouse
5401 Westbard Avenue, Room 625
Washington, DC 20207

DEPARTMENT OF AGRICULTURE

OFFICE OF GOVERNMENTAL AND PUBLIC AFFAIRS

Office of the Assistant Secretary for
Governmental and Public Affairs
Fourteenth Street and Independence Avenue, S.W.
Washington, DC 20250

Publishing Center
Fourteenth Street and Independence Avenue, S.W.
Washington, DC 20250

OFFICE OF SAFETY AND HEALTH MANAGEMENT

Office of the Director of Safety and
Health Management
Fourteenth Street and Independence Avenue, S.W.
Washington, DC 20250

Safety and Health Operations
South Agriculture Building
Independence Avenue, S.W.
Washington, DC 20250

HUMAN NUTRITION INFORMATION SERVICE

Office of Human Nutrition
Fourteenth Street and Independence Avenue, S.W.
Washington, DC 20250

Human Nutrition Center SEA
Agricultural Research Center-West
Beltsville, MD 20705

DEPARTMENT OF COMMERCE

Office of Public Affairs
Department of Commerce
Fourteenth Street, N.W.
Washington, DC 20230

Consumer Affairs Office
Department of Commerce
Fourteenth Street, N.W.
Washington, DC 20230

Assistant Secretary for Policy
Department of Commerce
Fourteenth Street, N.W.
Washington, DC 20230

National Technical Information Service
Sills Building
5285 Port Royal Road
Springfield, VA 22161

Publications Office
Department of Commerce
Fourteenth Street, N.W.
Washington, DC 20230

FOOD AND NUTRITION SERVICE

Food and Nutrition Information Center
National Agricultural Library Building
Room 304
Beltsville, MD 20705

DEPARTMENT OF DEFENSE

ASSISTANT SECRETARY FOR HEALTH AFFAIRS

Office of the Assistant Secretary for
Health Affairs
The Pentagon
Washington, DC 20301

Health Resources and Programs
The Pentagon
Washington, DC 20301

OFFICE OF DRUG AND ALCOHOL ABUSE AND PREVENTION

Office of the Deputy Assistant Secretary
Drug and Alcohol Abuse and Prevention
The Pentagon
Washington, DC 20301

Education and Treatment/Rehabilitation
The Pentagon
Washington, DC 20301

DEPARTMENT OF EDUCATION

NATIONAL INSTITUTE ON HANDICAPPED RESEARCH

Clearinghouse on the Handicapped
200 Independence Avenue, S.W.
Room 338 D
Washington, DC 20201

National Rehabilitation Information Center
The Catholic University of America
4007 Eighth Street, N.E.
Washington, DC 20064

ASSISTANT SECRETARY FOR PUBLIC AFFAIRS

Office of the Assistant Secretary for Public Affairs
Federal Office Building 6
400 Maryland Avenue, S.W.
Washington, DC 20202

Publication Branch
Federal Office Building 6
400 Maryland Avenue, S.W.
Washington, DC 20202

OFFICE OF SCHOOL IMPROVEMENT

Office of the Director of School Improvement
Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

Comprehensive School Health Program and Health Education Program
Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

Alcohol and Druge Abuse Education Program
Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

Citizen's Education Program
Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

OFFICE OF LIBRARIES AND LEARNING TECHNOLOGIES

School Media Resources Branch
Regional Office Building 3
Seventh and D Streets, S.W.
Washington, DC 20201

ASSISTANT SECRETARY FOR SPECIAL EDUCATION AND REHABILITATION SERVICES

Office of the Assistant Secretary for Special Education and Rehabilitation Services
Donohoe Building
400 Sixth Street, S.W.
Washington, DC 20202

DEPARTMENT OF ENERGY

PUBLIC AFFAIRS

Office of the Assistant to the Secretary for Public Affairs
Forrestal Building
1000 Independence Avenue, S.W.
Washington, DC 20585

Publications Office
Forrestal Building
1000 Independence Avenue, S.W.
Washington, DC 20585

OFFICE OF CONSUMER AFFAIRS

Education Programs Division
Forrestal Building
1000 Independence Avenue, S.W.
Washington, DC 20585

DEPARTMENT OF HEALTH AND HUMAN SERVICES

OFFICE OF THE ASSISTANT SECRETARY FOR PLANNING AND EVALUATION

Project Share
P.O. Box 2309
Rockville, MD 20852

HEALTH CARE FINANCING ADMINISTRATION

Public Information
Health Care Financing Administration
200 Independence Avenue, S.W.
Room 313H
Washington, DC 20201

Clearinghouse on Health Indexes
National Center for Health Statistics
Division of Analysis
3700 East-West Highway
Hyattsville, MD 20782

National Health Standards and
Quality Information Clearinghouse
11301 Rockville Pike
Kensington, MD 20795

OFFICE OF HUMAN DEVELOPMENT SERVICES

Administration for Children, Youth,
and Families
Office of Public Information and Education
P.O. Box 1182
Washington, DC 20013

President's Committee on Mental
  Retardation
Regional Office, Building 3
Seventh and D Streets, S.W.
Room 4025
Washington, DC 20201

Administration on Aging

Administration on Aging
Office of Public Information
330 Independence Avenue, S.W.
Room 4247
Washington, DC 20201

National Clearinghouse on Aging
330 Independence Avenue, S.W.
Washington, DC 20201

Administration on Aging
Inquiries and AoA Publications
330 Independence Avenue, S.W.
Washington, DC 20201

Administration on Aging
Statistical Analysis Staff
330 Independence Avenue, S.W.
Washington, DC 20201

Social-Behavioral Resource Center
Service Center for Aging Information
P.O. Box 15943
Philadelphia, PA 10913

Social Practice Resource Center
Service Center for Aging Information
P.O. Box 168
Silver Spring, MD 20907

PUBLIC HEALTH SERVICE

Office on Smoking and Health
Technical Information Center
5600 Fishers Lane
Room 116
Rockville, MD 20857

President's Council on Physical
  Fitness and Sports
Donohoe Building, Room 3030
400 Sixth Street, S.W.
Washington, DC 20206

Office of the Assistant Secretary for Health

Office of the Assistant Secretary
for Health
200 Independence Avenue, S.W.
Room 740G
Washington, DC 20201

Office of Health Maintenance Organizations
Division of Program Support
12420 Parklawn Drive
Rockville, MD 20857

Office of Health Research, Statistics, and Technology

National Center for Health Care
Technology
5600 Fishers Lane
Room 17A-29
Rockville, MD 20857

Public Information
Health Research, Statistics,
and Technology
5600 Fishers Lane
Rockville, MD 20857

Office of Disease Prevention and Health Promotion

Office of the Director
Office of Health Information, Health Promotion,
and Physical Fitness and Sports Medicine
200 Independence Avenue, S.W.
Washington, DC 20201

School Health Coordinator
Office of Health Information, Health Promotion,
and Physical Fitness and Sports Medicine
200 Independence Avenue, S.W.
Washington, DC 20201

Clearinghouse Coordinator
Office of Health Information, Health Promotion,
and Physical Fitness and Sports Medicine
200 Independence Avenue, S.W.
Washington, DC 20201

Alcohol, Drug Abuse, and Mental Health Administration

Office of Communications and
Public Affairs
5600 Fishers Lane
Room 6C15
Rockville, MD 20857

National Clearinghouse for Alcohol
Information
P.O. Box 2345
Rockville, MD 20852

National Clearinghouse for Drug
Abuse Information
P.O. Box 416
Kensington, MD 20795

National Clearinghouse for Mental
Health Information (NCMHI)
Public Inquiries Section
5600 Fishers Lane, Room 11A-21
Rockville, MD 20857

National Institute on Drug Abuse
Office of the Deputy Director
5600 Fishers Lane
Rockville, MD 20857

National Institute on Alcohol Abuse
and Alcoholism
Special Treatment and Rehabilitation
Division
5600 Fishers Lane
Rockville, MD 20857

National Institute on Alcohol Abuse
and Alcoholism
Prevention Division
5600 Fishers Lane
Rockville, MD 20857

National Institute of Mental Health
Office of Prevention
5600 Fishers Lane
Rockville, MD 20857

National Institute of Mental Health
Assistant Director for Extramural Programs
5600 Fishers Lane
Rockville, MD 20857

National Institute of Mental Health
Division of Scientific and Public
Information
5600 Fishers Lane
Rockville, MD 20857

Center for Disease Control

Center for Disease Control
Office of Information
Atlanta, GA 30333

Public Inquiries
Management Analysis and Service Office
Center for Disease Control
Building 4, Room B2
Atlanta, GA 30333

Bureau of Health Education
Center for Disease Control
Building 14
Atlanta, GA 30333

Center for Health Promotion and Education
Center for Disease Control
Atlanta, GA 30333

Center for Prevention Services
Bureau of Health Education
Center for Disease Control
Atlanta, GA 30333

National Institute for Occupational
Safety and Health
Office of Information
5600 Fishers Lane
Room 8-20
Rockville, MD 20857

Clearinghouse for Occupational
Safety and Health Information
4676 Columbia Parkway
Cincinnati, OH 45226

Food and Drug Administration

Food and Drug Administration
Office of Consumer Communications
5600 Fishers Lane
Room 15B-32
Rockville, MD 20857

Bureau of Drugs
Inquiries
Consumer and Professional Relations
5600 Fishers Lane
Rockville, MD 20857

Bureau of Drugs
Product Approvals
5600 Fishers Lane
Rockville, MD 20857

Bureau of Foods
Press Office
200 C Street, S.W.
Washington, DC 20204

Health Resources Administration

National Health Planning Information
Center
3700 East-West Highway
Room 6-50
Hyattsville, MD 20782

Health Services Administration

Bureau of Community Health Services (BCHS)
5600 Fishers Lane
Rockville, MD 20857

Appalachian Regional Coordinator
Health Division
Bureau of Community Health Services
5600 Fishers Lane
Rockville, MD 20857

Office of Maternal and Child Health
Bureau of Community Health Services
5600 Fishers Lane
Room 739
Rockville, MD 20857

Indian Health Services
Communication and Public Affairs
5600 Fishers Lane
Room 14A-55
Rockville, MD 20857

Health Services Administration
Office of Public Information
5600 Fishers Lane
Room 14A-55
Rockville, MD 20857

National Institutes of Health

National Institutes of Health
Office of Clinical Reports and Inquiries
9000 Rockville Pike, Building 10
Bethesda, MD 20205

Cancer Information Clearinghouse
National Cancer Institute
Office of Cancer Communications
9000 Rockville Pike, Building 31
Room 10A18
Bethesda, MD 20205

National Heart, Lung, and Blood
Institute
9000 Rockville Pike
Room 4A21
Bethesda, MD 20205

High Blood Pressure Information
Center
120/80 National Institutes of
Health
Bethesda, MD 20205

National Institute on Aging
9000 Rockville Pike, Building 31
Room 5C-36
Bethesda, MD 20205

National Institute of Allergy and
Infectious Diseases
Office of Research Reporting and
Public Response
National Institutes of Health
Building 31
Room 7A32
Bethesda, MD 20205

National Institute of Arthritis, Metabolism
and Digestive Diseases
Information Office
9000 Rockville Pike, Room 9A04
Bethesda, MD 20205

Arthritis Information Clearinghouse
P.O. Box 34427
Bethesda, MD 20034

National Digestive Diseases Education
and Information Clearinghouse
1555 Wilson Boulevard
Suite 600
Rosslyn, VA 22209

National Diabetes Information Clearinghouse
805 15th Street, N.W.
Suite 500
Washington, DC 20005

National Institute of Child Health and
  Human Development
Office of Research Reporting
9000 Rockville Pike, Room 2A-32
Bethesda, MD 20205

National Institute of General Medical
  Sciences
Information Office
9000 Rockville Pike, Building 31
Room 9A-10
Bethesda, MD 20205

National Institute of Neurological and
  Communicative Disorders and Stroke
Scientific Publications Section
9000 Rockville Pike, Building 31
Room 8A-08
Bethesda, MD 20205

National Institutes of Health
Division of Public Information
9000 Rockville Pike, Building 10
Room 309
Bethesda, MD 20205

National Institutes of Health
Division of Research Services
9000 Rockville Pike, Building 10
Room B2L316
Bethesda, MD 20205

DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT

Office of Public Affairs
Communication Services
451 Seventh Street, S.W.
Washington, DC 20410

Office of Public Affairs
Production and Information Division
451 Seventh Street, S.W.
Washington, DC 20410

Office of Administrative Services
Publication and Information Division
451 Seventh Street, S.W.
Washington, DC 20410

Office of Community Planning
  and Development
451 Seventh Street, S.W.
Washington, DC 20410

Office of the Assistant Secretary for
Policy Development Research
451 Seventh Street, S.W.
Washington, DC 20410

DEPARTMENT OF THE INTERIOR

Bureau of Land Management
Office of Recreation and Cultural Resources
C Street, N.W.
Washington, DC 20240

Bureau of Land Management
Recreation Programs
C Street, N.W.
Washington, DC 20240

Department of the Interior
Office of Public Affairs
C Street, N.W.
Washington, DC 20240

Department of the Interior
Office of Administrative Services
Printing and Publication Division
C Street, N.W.
Washington, DC 20240

National Park Foundation
P.O. Box 57473
Washington, DC 20037

National Park Service
Office of Public Affairs
Publications and Public
Inquires Division
C Street, N.W.
Washington, DC 20240

DEPARTMENT OF JUSTICE

Department of Justice
Office of Public Information
Indiana Building
633 Indiana Avenue, N.W.
Washington, DC 20531

DEPARTMENT OF LABOR

Department of Labor
Office of Information, Publications,
and Reports
Occupational Safety and Health Division
200 Constitution Avenue, N.W.
Washington, DC 20210

DEPARTMENT OF STATE

Department of State
Office of Medical Services
Environmental Health and Preventive Medicine
2201 C Street, N.W.
Washington, DC 20520

Department of State
Office of Medical Services
Alcohol Awareness Program
2201 C Street, N.W.
Washington, DC 20520

Department of State
Office of Environment, Health,
and National Resources
2210 C Street, N.W.
Washington, DC 20520

DEPARTMENT OF TRANSPORTATION

Department of Transportation
Office of Public Affairs
Publications and Audio Visual Services
Nassif Building
400 Seventh Street, S.W.
Washington, DC 20590

Department of Transportation
Office of Community Planning and
Assistance
Nassif Building
400 Seventh Street, S.W.
Washington, DC 20590

Department of Transportation
Office of Intergovernmental Affairs
Nassif Building
400 Seventh Street, S.W.
Washington, DC 20590

DEPARTMENT OF THE TREASURY

Department of the Treasury
Assistant Secretary for Public Affairs
Press Releases and Publications
15th Street and Pennsylvania Avenue, N.W.
Washington, DC 20220

EXECUTIVE OFFICE

Office of Management and Budget
Human Resources, Veterans, and Labor
Health Branch
New Executive Office Building
726 Jackson Place, N.W.
Washington, DC 20500

Office of Management and Budget
Circulars and Bulletins Information
New Executive Office Building
726 Jackson Place, N.W.
Washington, DC 20500

FEDERAL EMERGENCY MANAGEMENT AGENCY

Office of the Director
Federal Emergency Management Agency
1725 Eye Street, N.W.
Washington, DC 20472

GENERAL SERVICES ADMINISTRATION

Consumer Information Center
Pueblo, CO 81009

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

NATIONAL AERONAUTICS AND SPACE ADMINISTRATION

Associate Administrator for
External Relations
National Aeronautics and Space
Administration
400 Maryland Avenue, S.W.
Washington, DC 20546

NATIONAL SCIENCE FOUNDATION

Office of the Director
Office of Government and Public
Programs
National Science Foundation
1800 G Street, N.W.
Washington, DC 20550

Office of Government and Public
Programs
Community Affairs Branch
National Science Foundation
1800 G Street, N.W.
Washington, DC 20550

OCCUPATIONAL SAFETY AND HEALTH REVIEW COMMISSION

Occupational Safety and Health
Review Commission
Public Information Office
1825 K Street, N.W.
Washington, DC 20006

OFFICE OF PERSONNEL MANAGEMENT

Office of Public Affairs
Office of Personnel Management
1900 E Street, N.W.
Washington, DC 20415

Office of Personnel Management
Work Effectiveness and Development Group
1900 E Street, N.W.
Washington, DC 20415

Veterans Administration
Publications Service
810 Vermont Avenue, N.W.
Washington, DC 20420

Veterans Administration
Office of Information Services
810 Vermont Avenue, N.W.
Washington, DC 20420

Veterans Administration
Department of Medicine and Surgery
810 Vermont Avenue, N.W.
Washington, DC 20420

GOVERNMENT AGENCIES:
STATE

ALABAMA

Alabama Department of Public Health
Division of Primary Prevention
Special Services Administration
206 State Office Building
Montgomery, AL 36130

Governor's Commission on Physical Fitness
Highway Building, Room 745
11 South Union Street
Montgomery, AL 36130

State Department of Education
111 Coliseum Boulevard
Montgomery, AL 36193

ALASKA

State Department of Health and
Social Sciences
Pouch H-06
Juneau, AK 99811

AMERICAN SAMOA

LBJ Tropical Medical Center
Pago Pago, AS 96799

ARIZONA

Department of Health Services
1740 West Adams Street
Phoenix, AZ 85007

ARKANSAS

Arkansas Department of Health
4815 West Markham Street
Little Rock, AR 72201

CALIFORNIA

Department of Health Services
714 P Street, Room 1253
Sacramento, CA 95814

San Diego State University
Exercise Physiology Laboratory
San Diego, CA 92115

COLORADO

Colorado State University
Institute of Rural Environmental Health
110 Veterinary Science Building
Fort Collins, CO 80523

Pitkin County Community Center
0100 Lone Pine Road
Aspen, CO 81611

State Department of Health
4210 East Eleventh Avenue
Denver, CO 80220

CONNECTICUT

Department on Aging
Physical Fitness Committee
90 Washington Street
Hartford, CT 06115

State Department of Health
79 Elm Street
Hartford, CT 06115

Connecticut State Department of
  Health Services
Public Health Education Section
79 Elm Street
Hartford, CT 06115

DELAWARE

Division of Public Health
Department of Health and Social Services
Jesse S. Cooper Memorial Building
Dover, DE 19901

DISTRICT OF COLUMBIA

Department of Human Services, Room 825
1875 Connecticut Avenue, N.W.
Washington, DC 20009

FLORIDA

State Health Officer
Department of Health and Rehabilitation
  Services
1323 Winewood Boulevard, Room 113
Tallahassee, FL 32301

GEORGIA

Division of Physical Health
Georgia Department of Human Resources
Room 522-H, 47 Trinity Avenue, S.W.
Atlanta, GA 30334

GUAM

Chief Public Health Officer
Department of Public Health and Social
  Services
P.O. Box 2816
Agana, GU 96910

HAWAII

Department of Health
Kinau Hale, P.O. Box 3378
Honolulu, HI 96810

IDAHO

Division of Health
Department of Health and Welfare
Statehouse Mail
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Illinios Department of Public Health
535 West Jefferson Street
Springfield, IL 62706

INDIANA

State Health Commissioner
Indiana State Board of Health
1330 West Michigan Street
Indianapolis, IN 46206

IOWA

Iowa Commission on Aging
The Hewett Building
415 Tenth Street
Des Moines, IA 50319

Commissioner of Health
State Department of Health
Lucas State Office Building
Des Moines, IA 50319

Field House, Room 205
University of Iowa
Iowa City, IA 52210

KANSAS

Division of Health
State Department of Health and
Environment
Forbes Field
Topeka, KS 66620

KENTUCKY

Bureau of Health Services
Department of Human Resources
275 East Main Street
Frankfort, KY 40601

LOUISIANA

Office of Health Services and
Environmental Quality
P.O. Box 60630
New Orleans, LA 70160

MAINE

Director of Health
Department of Human Services
221 State Street
Augusta, ME 04333

NORTHERN MARIANAS

Bureau of Health Services
Trust Territory Government
Trust Territory Headquarters
Saipan, Mariana Islands, TT 96950

Health and Human Services
Dr. Torres Hospital
Saipan, Mariana Islands, TT 96950

MARYLAND

Maryland State Office on Aging
301 West Preston Street
Baltimore, MD 21201

Maryland Association of Health, Physical
Education, Recreation, and Dance
5550 Newbury Street
Baltimore, MD 21209

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201 West Preston Street
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Commissioner of Public Health
Executive Office of Human Services
600 Washington Street
Boston, MA 02111

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Director of Public Health
Department of Public Health
3500 North Logan Street
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MINNESOTA

Department of Health
717 Delaware Street
Minneapolis, MN 55440

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Jackson, MS 39205

MISSOURI

Missouri Division of Health
Broadway State Office Building
P.O. Box 570
Jefferson City, MO 65101

MONTANA

Department of Health and Environmental
  Science
Cogswell Building
Helena, MT 59601

NEBRASKA

Nebraska Alcohol Information Clearinghouse
University of Nebraska at Lincoln
Lincoln, NE 68588

Director of Health
State Department of Health
301 Centennial Mall South
Lincoln, NE 68509

NEVADA

State Department of Human Services
505 East King Street, Capital Complex
Carson City, NV 89710

NEW HAMPSHIRE

Director
Health and Welfare Building
Hazen Drive
Concord, NH 03301

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College of Medicine and Dentistry
of New Jersey
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University Heights
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Health and Environment Department
P.O. Box 968
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NEW YORK

Health Planning Commission
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Tower Building
Albany, NY 12237

The University of the State
of New York
The State Education Department
Albany, NY 12234

NORTH CAROLINA

North Carolina Agricultural Extension
Service
North Carolina State University
Raleigh, NC 27611

State Department of Human Resources
Division of Health Services
P.O. Box 2091
Raleigh, NC 27602

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State Health Officer
State Department of Health
State Capital
Bismark, ND 58505

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State Department of Health
246 North High Street, P.O. Box 118
Columbus, OH 43216

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Comprehensive Health Education Section
State Department of Education
Oliver Hodge Memorial Building
500 North Lincoln
Oklahoma City, OK 73105

State Department of Health
Northeast 10th Street and Stonewall
Oklahoma City, OK 73105

OREGON

State Health Division
Department of Human Resources
925 State Office Building, Box 231
Portland, OR 97297

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State Department of Health
P.O. Box 90
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Pennsylvania Department of Health
Health Communications
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Department of Health
P.O. Box 9342
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RHODE ISLAND

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103 Cannon Health Building
75 Davis Street
Providence, RI 02908

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Environmental Cont.
2600 Bull Street
Columbia, SC 29201

SOUTH DAKOTA

State Department of Health
Joe Foss Building
Pierre, SD 57501

TENNESSEE

Commissioner
State Department of Public Health
344 Cordell Hull Building
Nashville, TN 37219

TEXAS

College of Health, Physical Education
and Recreation
Texas Women's University
Denton, TX 76201

Texas Department of Health
1100 West 49th Street
Austin, TX 78756

UTAH

Executive Director
Utah State Health Department
150 West North Temple, Box 2500
Salt Lake City, UT 84110

VERMONT

Commissioner
State Health Department
60 Maine Street
Burlington, VT 05401

VIRGINIA

Mount Vernon Center for Community
  Mental Health
Main Center
8119 Holland Road
Alexandria, VA 22306

Commissioner
State Health Department
109 Governor Street
Richmond, VA 23219

VIRGIN ISLANDS

Department of Health
P.O. Box 7309
St. Thomas, VI 00801

WASHINGTON

Health Services Division
OB-44J
Department of Social and Health
  Services
Olympia, WA 98504

School of Social Work
University of Washington
Seattle, WA 98195

WEST VIRGINIA

Director of Health
State Department of Health
1800 Washington Street, East
Charleston, WV 25305

WISCONSIN

The Division of Health
Wisconsin Department of Health and
Social Services
Bureau of Prevention
Box 309
Madison, WI 53701

State Division of Health
1 West Wilson Street, Room 434
Madison, WI 53701

Wisconsin Clearinghouse
Unviersity of Wisconsin
Hospitals and Clinics
1954 East Washington Avenue
Madison, WI 53704

WYOMING

Health and Medical Services
Hathaway Building
Cheyenne, WY 82002

LOCAL GOVERNMENT AGENCIES: MARYLAND

Allegheny County Commission on
Physical Fitness
406 Warwick Avenue
Cumberland, MD 21502

Annapolis Recreation and Parks
Department
9 Saint Mary's Street
Annapolis, MD 21401

Anne Arundel County, Maryland
Department of Recreation and Parks
Arundel Center
P.O. Box 1831
Annapolis, MD 21401

ASTHO-NPHPRS
Suite 403
962 Wayne Avenue
Silver Spring, MD 20910

Baltimore City Commission on
Physical Fitness
P.O. Box 508
Baltimore, MD 21203

Baltimore City Department of
Recreation and Parks
2600 Madison Avenue
Baltimore, MD 21217

Baltimore County Department of
Recreation and Parks
301 Washington Avenue
Towson, MD 21204

Baltimore Olympic Club
206 East Lake Avenue
Baltimore, MD 21212

City of Bowie Department of
Culture and Recreation
Bowie City Hall
Bowie, MD 20715

Garrett County Commission on Physical
Fitness
Garrett County Medical Center
Oakland, MD 21550

Greenbelt Recreation Department
25 Crescent Road
Greenbelt, MD 20770

Harford County Commission on Physical
Fitness
819 Lynn Lee Drive
Aberdeen, MD 21001

Harford County Department of Parks
and Recreation
702 North Tollgate Road
Bel Air, MD 21014

Howard County Commission on Physical
Fitness
9217 Frederick Road
Ellicott City, MD 21043

Howard County Department of Recreation
and Parks
George Howard Building
3430 Court House Drive
Ellicot City, MD 21043

Department of Parks and Recreation
City of Hyattsville
4307 Jefferson Street
Hyattsville, MD 20781

Kent County Board and Parks
and Recreation
P.O. Box 67
Worton, MD 21620

Montgomery County Commission on
Physical Fitness
9904 Doubletree Court
Potomac, MD 20854

Montgomery County Department of
Recreation
12210 Bushey Drive
Silver Spring, MD 20902

Calvert County Board of Parks
  and Recreation
Courthouse
Prince Frederick, MD 20678

Calvert County Commission on
  Physical Fitness
Calvert County Senior High School
Prince Frederick, MD 20678

Caroline County Board of
  Recreation and Parks
P.O. Box 207
Denton, MD 21629

Carroll County Department of
  Recreation and Parks
225 North Center Street
Westminister, MD 21157

Charles County Parks and
  Recreation Board
P.O. Box 368
La Plata, MD 20646

City of Cumberland Department of
  Recreation and Parks
City Hall
Cumberland, MD 21502

Dorchester County Recreation and
  Parks Board
P.O. Box 598
Cambridge, MD 21613

Frederick County Commission on
  Physical Fitness
533 Grant Plain
Frederick, MD 21701

Frederick County Parks and
  Recreation Commission
1611 North Market Street
Frederick, MD 21701

Frostburg Recreation and Parks
  Department
P.O. Box 440
Frostburg, MD 21532

Department of Parks and Recreation
City of Gaithersburg
31 South Summit Avenue
Gaithersburg, MD 20760

Montgomery Village Foundation, Inc.
Montgomery Village Foundation Recreation
and Parks Department
20125 Arrowhead Road
Gaithersburg, MD 20760

Prince George's County Department of
Recreation and Parks
6600 Kenilworth Avenue
Riverdale, MD 20840

Ocean City Recreation Department
P.O. Box 368
Ocean City, MD 21842

Queen Anne's County Recreation and
Parks Board
P.O. Box 37
Route 18 West
Centreville, MD 21617

City of Rockville
Department of Recreation and Parks
Maryland at Vinson
Rockville, MD 20850

Saint Mary's County Department
of Recreation and Parks
P.O. Box 351
Leonardtown, MD 20650

Somerset County Recreation and Parks
Commission
Prince William Street
Princess Anne, MD 21853

Talbot County Department of Parks
and Recreation
Court House
Easton, MD 21701

Wicomico County Department of
Recreation and Parks
Youth and Civic Center
Glen Avenue
Salisbury, MD 21801

PRIVATE ASSOCIATIONS

Academy for the Psychology of Sports
International
544 South Westwood Avenue
Toledo, OH 43609

Action on Smoking and Health
2000 H Street, N.W.
Washington, DC 20006

Addiction Research Foundation
33 Russell Street
Toronto, Ontario Canada M5S251

Alcoholics Anonymous
General Services Office (6th Floor)
468 Park Avenue South
New York, NY 10016
ATTN: Public Information Department

Allergy Foundation of America
801 Second Avenue
New York, NY 10017

Amateur Athletic Union
3400 West 86th Street
Indianapolis, IN 46268

American Academy of Pediatrics
Publications Department
P.O. Box 10034
Evanston, IL 60204

American Alliance of Health, Physical
Education, Recreation and Dance
1900 Association Drive
Reston, VA 22091

American Association of Fitness Directors
in Business and Industry
Dennis Colacino, President
PEPSICO
Anderson Hill Road
Purchase, NY 10577

American Association of Fitness Directors
for Business and Industry
Room 3030
400 6th Street, S.W.
Washington, DC 20201

American Association of Retired Persons
Action for Independent Maturity
1901 K Street, N.W.
Washington, DC 20049

American Athletic Association for the Deaf
3916 Lantern Drive
Silver Spring, MD 20902

American Cancer Society
Walter James, Vice President
Public Education
77 Third Avenue
New York, NY 10017

American College Health Association
152 Rollins Avenue, Suite 208
Rockville, MD 20852

American College of Sports Medicine
1440 Monroe Street
Madison, WI 53706

American Council on Alcohol Problems
6955 University Avenue
Des Moines, IA 50311

American Diabetes Association
1 West 48th Street
New York, NY 10020

American Heart Association
Inquiries Section
7320 Greenville Avenue
Dallas, TX 75231

American Hospital Association
Department of Order Processing
840 North Lake Shore Drive
Chicago, IL 60611

American Insurance Association
85 John Street
New York, NY 10038

American Lung Association
1740 Broadway
New York, NY 10019

American Medical Association
Post Office Box 821
Monroe, WI 53566

American Medical Association
Department of Health Education
535 North Dearborn Street
Chicago, IL 60610

American Physical Fitness Research
  Institute
Grusha D. Paterson
824 Morago Drive
Los Angeles, CA 90049

The American Psychiatric Association
Catalog of Publications
1700 18th Street, N.W.
Washington, DC 20009

American Public Health Association
1015 15th Street, N.W.
Washington, DC 20005

American Red Cross
National Headquarters
18th and E Streets, N.W.
Washington, DC 20006

American School Health Association
Thomas D. Foster
Post Office Box 708
Kent, OH 44240

American Turners
1550 Clinton Avenue, North
Rochester, NY 14621

Arthritis Foundation
3400 Peachtree Road, N.E.
Atlanta, GA 30333

Association for the Advancement of
  Health Education
Dr. William Kane, Executive Director
1201 16th Stret, N.W.
Washington, DC 20036

Association of Intercollegiate Athletics
  for Women
1201 16th Street, N.W.
Washington, DC 20036

Association of State and Territorial
  Health Officials
Cheryl Blankenship
1015 15th Street, N.W.
Washington, DC 20005

Asthma and Allergy Foundation of America
801 Second Avenue
New York, NY 10017

Blind Outdoor Leisure Division
533 East Main Street
Aspen, CO 80222

California Raisin Advisory Board
P.O. Box 5335
Fresno, CA 93755

Canadian Red Cross Society
95 Wellesby Street East
Toronto, Ontario, Canada M4Y1H6

Center for Science in the Public Interest
1755 S Street, N.W.
Washington, DC 20009

Center for Women in Sports
White Building
University Park, PA 16802

Cereal Institute, Inc.
1111 Plaza Drive
Schaumburg, IL 60195

Chicago Heart Association
20 North Wacker Drive
Chicago, IL 60606

Cling Peach Advisory Board of
  California
1 California Street
San Francisco, CA 94111

Do It Now Foundation
P.O. Box 5115
Phoenix, AZ 85010

Eastern College Athletic Conference
P.O. Box 3
1311 Cragville Beach Road
Centreville, MA 02632

Family Service Association of
America
44 East 23rd Street
New York, NY 10010

General Health Corporation
1046 Potomac Street, N.W.
Washington, DC 20007

Group Health Association of
America, Inc.
1717 Massachusettes Avenue, N.W.
Washington, DC 20036

Health Education Center
Health and Welfare Planning Association
200 Ross Street
Pittsburgh, PA 15219

Health Education and Longevity Planning
Foundation
7300 4th Street
Scottsdale, AZ 85381

Health Education Service
PO. Box 7126
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Health Insurance Institute
1850 K Street, N.W.
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Health Research Group
200 P Street, N.W.
Washington, DC 20036

Hogg Foundation for Mental Health
P.O. Box 7998
University of Texas
Austin, TX 78712

Holistic Life University
1627 Tenth Avenue
San Francisco, CA 94122

The Institute for Aerobics Research
12200 Preston Road
Dallas, TX 75230

Institute of Gerontology
University of Michigan
520 Liberty Street
Ann Arbor, MI 48109

Institute for Lifestyle Improvement
UW-SP Foundation
2100 Main Street
Stevens Point, WI 54481

Institute for Personal Health
Client Relations
2100 M Street, N.W., Suite 316
Washington, DC 20063

International Committee of the
  Silent Sports
Gallaudet College
Washington, DC 20002

International Council on Health,
  Physical Education, and Recreation
1201 16th Street, N.W.
Washington, DC 20036

Juvenile Diabetes Association
23 East 26th Street
New York, NY 10010

Lawrence Frankel Foundation
Virginia at Brooks Street
Charleston, WV 25301

Mental Health Association of
  Northern Virginia
2616 Sherwood Lane
Alexandria, VA 22150

Mental Health Materials Center
419 Park Avenue South
New York, NY 10015

National Academy of Sports
220 East 63rd Street
New York, NY 10021

National Association of Broadcasters
1771 N Street, N.W.
Washington, DC 20036

National Association of Community Health
  Centers, Inc.
Suite 420
1625 Eye Street, N.W.
Washington, DC 20006

National Association for Human Development
1750 Pennsylvania Avenue, N.W.
Washington, DC 20006

National Association of Intercollegiate
Athletics
Kansas City, MO 64405

National Center for Health Education
211 Sutter Street (4th Floor)
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National Center for Health/Fitness
Clendenen Building
American University
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National Collegiate Athletic Association
P.O. Box 1906
U.S. Highway 50 and Nall Avenue
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National Community Education Clearinghouse
6011 Executive Boulevard
Rockville, MD 20852

National Council on Alcoholism, Inc.
Publications Department
733 Third Avenue, Suite 1405
New York, NY 10017

National Council of Community Mental
Health Centers
Suite 332
2233 Wisconsin Avenue, N.W.
Washington, DC 20007

National Dairy Council
6300 North River Toad
Rosemart, IL 60018

National Federation of State High
Schools Association
Federation Place
P.O. Box 98
Elgen, IL 60120

National Foundation of the March of Dimes
1385 Congress Street
Portland, ME 04102

National Handicapped Sports and Recreation
Association
4105 East Florida Avenue
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Denver, CO 80222

National Interagency Council on Smoking
and Health
291 Broadway
New York, NY 10007

National Jogging Association
2420 K Street, N.W.
Washington, DC 20037

National Junior College Athletic Association
P.O. Box 1586
Hutchinson, KS 67501

National Mental Health Association
1800 North Kent Street
Arlington, VA 22209

National Nutrition Consortium, Inc.
Suite 1
1635 P Street, N.W.
Washington, DC 20036

National Pharmaceutical Council
1030 15th Street, N.W.
Washington, DC 20005

National Recreation and Park Association
1601 North Kent Street
Arlington, VA 22209

National Self-Help Clearinghouse
33 West 42nd Street, Room 1227
New York, NY 10036

National Wheelchair Athletic Association
4024 62nd Street
Woodside, NY 11377

New England Gerontology Center
15 Garrison Avenue
Durham, NH 03824

Nutrition Foundation
Suite 300
888 Seventeenth Street, N.W.
Washington, DC 20006

Outdoor Women
500 12th Street, S.W.
Washington, DC 20024

Patient Information Library
PAS Publishing
345-G Serramonte Plaza
Dale City, CA 94015

People to People Sports Committee
90 Cutter Mill Road
Great Neck, NY 11021

Pharmaceutical Manufacturers Association
Consumer Services
1155 15th Street
Washington, DC 20005

Public Affairs Committee, Inc.
Room 1101
381 Park Avenue South
New York, NY 10016

Society for Nutrition Education
Suite 1110
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United Fresh Fruit and Vegetable Growers
Association
North Washington at Madison Streets
Alexandria, VA 22314

United States Collegiate Sports Council
7250 State Street
Kansas City, KS 66112

U.S. Olympic Committee
1750 East Boulder Street
Colorado Springs, CO 80909

Wellness Resource Center
42 Miller Avenue
Mill Valley, CA 94941

Wheat Flour Institute
1776 F Street, N.W., Suite 84
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YMCA National Headqurters
Larry Duncan, Fitness Department Director
1711 Rhode Island, N.W.
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PRIVATE COMPANIES

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Audio Visual Services
565 Fifth Avenue
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Abbott Laboratories
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Public Relations Department
151 Farmington Avenue
Hartford, CT 06156

Agency for Instructional Television
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American Journal of Nursing
Educational Services Division
555 West 57th Street
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Ayerst Laboratories
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102 Adelaide Street East
Toronto, Canada M5C-1K9

Beckman Instruments
Electronic Instruments Division
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Best Foods, CPC International, Inc.
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Best Foods
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3 Park Avenue
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Blue Cross/Blue Shield of Maine
110 Free Street
Portland, ME 04101

Blue Cross/Blue Shield
1133 Topeka Boulevard
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Blue Cross/Blue Shield of Texas,
Health Education Public Relations Department
P.O. Box 225730
Dallas, TX 75265

Blue Cross/Blue Shield Associations
Public Relations Office
840 North Lake Shore Drive
Chicago, IL 60611

Bull Publishing Company
P.O. Box 208
Palo Alto, CA 94302

Burroughs Wellcome Company
ATTN: Professional Services Department
3030 Cornwallis Road
Research Triangle Park, NC 27709

Channing L. Bett Company, Inc.
200 State Road
South Deerfiled, MA 01373

Check-Up for Emotional Health
507 Fifth Avenue
New York, NY 10017

Christopher News Notes
12 East 48th Street
New York, NY 10017

CIBA-GEIGY Corporation
Medical Education Division
556 Morris Avenue
Summit, NJ 07901

Clear Lake Towers
16092 El Camino Real
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Connecticut General Life Insurance
  Company
Hartford, CT 06152

Connecticut Mutual Life Insurance Co.
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3500 Western Avenue
Highland Park, IL

Denoyer-Geppert
5235 North Ravenswood Avenue
Chicago, IL 60640

Educator's Progress Service
214 Center Street
Randolph, WI 53956

The Fitness Report
Peter R. Elson, Consultant
102 Adelaide Street, East
Toronto, Canada M5C1K9

Fitness Systems, Inc.
P.O. Box 71606
Atlantic Richfield Plaza
Los Angeles, CA 90071

Gebauer Chemical Company
Public Relations Department
9410 St. Catherine Avenue
Cleveland, OH

Hershey Foods Corporation
Physical Foods Cordinator
19 East Chocolate Avenue
Hershey, PA 17033

Hoffmann-LaRoche, Inc.
Department of Public Communications
340 Kingsland Street
Nutley, NJ 07110

Ideals Publishing Corporation
Health and Fitness Division
11315 Watertown Plank Road
P.O. Box 1101
Milwaukee, WI 53201

Imagination, Inc.
1821 University Avenue
Saint Paul, MN 55104

J.C. Penny's Public Relations Department
1301 Avenue of the Americas
New York, NY 10019

Johnson and Johnson
501 George Street
New Brunswick, NJ 08903

Journal Films, Inc.
930 Ptiner
Evanston, IL 60202

The Kellogg Compnay
Public Relations Department
Box 9113
Saint Paul, MN 55191

Kemper Insurance Companies
Communications and Public Relations (A)
Long Grove, IL 60049

Keyword Publications, Inc.
Hartford, CN 06105

Kimberly-Clarke, Life Cycle Center
Neenah, WI 54956

Kraft, Inc.
Public Relations Department
Box 4611
Chicago, IL 60677

Liberty Mutual Insurance Company
Public Relations Department
175 Berkeley Street
Boston, MA 02117

Lilly
Modern Talking Pictures
500 Park Street North
Saint Petersburg, FL 33709

Lilly
Eli Lilly and Company
Public Relations Services
307 East McCarty Street
Indianapolis, IN 46285

Louis Harris and Associates, Inc.
Great Waters of France, Inc.
595 Madison Avenue
New York, NY 10022

McNeil Consumer Products, Co.
Consumer Affairs Department
Camp Hill Road
Fort Washington, PA 19304

Mead Johnson and Company
Public Relations Department
2404 Pennsylvania Road
Evansville, IN 47721

Medical Times
80 Shore Road
Port Washington, NY 11050

Merck, Sharp, and Dohme
Public Relations Department
West Point, PA 19486

Methodist Hospital
1604 North Capitol Avenue
Indianapolis, IN 46202

Metropolitan Life Insurance Company
Health and Safety Education Division
One Madison Avenue
New York, NY 10010

Michael Reese Hospital and Medical Center
2929 South Ellis Avenue
Chicago, IL 60611

Milner-Fenwick, Inc.
2125 Greenspring Drive
Timonium, MD 21903

Morning Star Farms
7123 West 65th Street
Chicago, IL 60638

Occidental Life Insurance Company
  of California
Advertising Department
Box 2102
Terminal Annex
Los Angeles, CA 90051

Organon, Inc.
Advertising Department
West Orange, NJ 07052

E. Otterman
Group Health Plan
2500 Como Avenue
Saint Paul, MN 55108

Pacific Mutual Life Insurance Company
Office of Corporate Responsibility
700 Newport Center Drive
Box 9000
New Port Beach, CA 92660

Parcourse, Ltd.
3701 Buchanan Street
San Francisco, CA 94123

Johnette Peery
P.O. Box 22081
Milwaukee, OR 97222

Pelican Films
3010 Santa Monica Boulevard
Suite 440
Santa Monica, CA 90404

Personal Products
Box 14325
Dayton, OH 45414

Personal Products, Co.
Consumer Information Center
Box 100
Milltown, NJ 08850

Pfizer, Inc.
235 East 42nd Street
New York, NY 10017

Pritikin Longevity Center
1910 Ocean Fron Walk
Santa Monica, CA 90405

Provident Indemnity Life Insurance Company
c/o George Bonsal
2500 Dekalb Pike
P.O. Box 511
Norristown, PA 19404

Prudential Insurance Company of America
Public Relations Department
Box 36
Newark, NJ 07101

Pyramid
Box 1048
Santa Monica, CA 90406

Schering-Plough Association
Sterling Films, Inc.
600 Grand Avenue
Ridgefield, NJ 07657

Self-Control Systems, Inc.
Suite 223
Lake Air Bank
4901 Bosque Boulevard
Waco, Texas 76710

SHAPE
10700 Meridian Avenue North
Seattle, WA 98133

Smokenders, Inc.
Phillipsburg, NJ 08865

Spectrum Films
2785 Roosevelt Street
Carlsbad, CA 92008

Spenco Medical Corporation
P.O. Box 8113
Waco, TX 76710

Sports, Medical Times
80 Shore Road
Port Washington, NY 11050

Trainex Corporation
P.O. Box 116
Garden Grove, CA 92642

The Travelers Insurance Company
Attn: Andrew Letendre
Hartford, CT 06152

APPENDIX C: LIST OF SUPPORTING MATERIALS

ALCOHOL AND DRUG ABUSE

Alcoholics Anonymous

Alcoholics Anonymous Publications
Box 459
Grand Central Station
New York, NY 10163

"A.A. and the Armed Services"

"A.A. for the Woman"

"A.A.--44 Questions"

"The A.A. Group"

"A.A. in Prisons"

"A.A. in Treatment Centers"

"The A.A. Member"

"The A.A. Member and Drug Abuse"

"A.A. Tradition--How It Developed"

"About A.A."

"Alcoholics Anonymous and the Medical Profession"

"The Jack Alexander Article"

"A Brief Guide to A.A."

"A Clergyman Asks About A.A."

"The Co-Founders of Alcoholics Anonymous"

"Do You Think You're Different?"

"G. S. R."

"How A.A. Members Cooperate"

Alcoholics Anonymous (continued)

"If You Are a Professional. . ."

"Inside A.A."

"Is A.A. for You?"

"Is There an Alcoholic in Your Life?"

"It Happened to Alice"

"It Sure Beats Sitting in a Cell"

"Let's Be Friendly with Our Friends"

"Letter to a Woman Alcoholic"

"A Member's Eye-View of Alcoholics Anonymous"

"Memo to an Inmate"

"A Newcomer Asks . . ."

"Problems Other Than Alcohol"

"Questions and Answers on Sponsorship"

"Speaking at Non-A.A. Meetings"

"This is A.A."

"Three Talks to Medical Societies" by Bill W.

"Time to Start Living"

"Too Young?"

"The Twelve Traditions Illustrated"

"Understanding Anonymity"

"What Happened to Joe"

"Young People and A.A."

"Alcohol and Cancer"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Alcohol and Health"

Metropolitan Life Insurance Co.
Health and Safety Education Division

"Alcohol and Pregnancy"

Nebrask Alcohol Information Clearinghouse
210 Coliseum
University of Nebraska
Lincoln, NE 68588

"Alcohol in the Middle Years: Knowing When to Say When"

Action for Independent Maturity, A Division
of American Association of Retired Persons
1909 K Street, N.W.
Washington, DC 20049

"Alcohol: Some Questions and Answers"

Superintendent of Documents
U.S. Government Printing Office
Washington, DC 20402

"The Answer Book"

Nebraska Alcohol Information Clearinghouse
210 Coliseum
University of Nebraska
Lincoln, NE 68588

"Catching On"

National Institute on Drug Abuse
Office of Communications and Public
Affairs
5600 Fishers Lane
Rockville, MD 20857

"Children and Drugs--#584"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"Cleaning Yourself Up: A Guide to Getting Out of the Chemical-World Doldrums for People Who Don't Think They Are Addicts"

Do-It-Now Publications
P.O. Box 5115
Phoenix, AZ 85010

"The Decision Is Yours"

Nebraska Alcohol and Drug
Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68508

"Drinking Myths"

Nebraska Alcohol and Drug
Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68508

"Drinking on the Job: The $15- Billion Hangover--#544"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"Drug Abuse Prevention for You and Your Friends"

Nebraska Alcohol and Drug
Information Clearinghouse
Health Education Department
University of Nebraska at Lincoln
3 Coliseum
Lincoln, NE 68588

"Drug Abuse Prevention for You and Your Friends"

DHHS Publication No. (ADM) 81-583
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Drug Abuse Prevention for Your Family"

Nebraska Alcohol and Drug
Information Clearinghouse
3 Coliseum, UNL
Lincoln, NE 68588

"Drug Abuse Prevention for Your Family"

DHHS Publication No. (ADM) 81-584
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Drugs--Use, Misuse, Abuse--#515"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"Elderly and Alcohol"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Facts--Not Fiction, About Drug Addiction"

Imagination, Inc.
1821 University Avenue
St. Paul, MN 55104

"Family Abuse and Alcohol"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Fetal Alcohol Effects"

Nebraska Division on Alcoholism and
Drug Abuse
Department of Public Institutions
P.O. Box 94728
Lincoln, NE 68509

"How (Even a Little) Drinking Affects Drivers"

Preferred Risk Mutual Insurance Co.
1111 Ashworth Road
West Des Moines, IA 50265

"How to Help the Alcoholic"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"The Interaction Effects of Alcohol with Other Drugs"

Nebraska Alcohol and Drug
Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Marijuana: Current Perspectives--#539"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"The Marijuana Health Hazard"
--article

American Council on Marijuana and
Other Psychoactive Drugs
521 Park Avenue
New York, NY 10021

"The New Alcoholics: Teenagers--#499"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"Nutrition and Alcohol"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Parents, Peers, and Pot"

Prevention Branch
Division of Resource Development
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Questions and Answers About Drug Abuse"

National Clearinghouse for Drug
Abuse Information
P.O. Box 2305
Rockville, MD 20852

"Q. & A.--Alcohol--Some Questions and Answers"

National Institute on Alcohol Abuse and
Alcoholism
5600 Fishers Lane
Rockville, MD 20857

Attn: DHHS Publication No. (ADM) 81-312

"The Recovery Handbook or What To Do After You Say 'I Quit'"

Do-It Now Foundation
P.O. Box 5115
Phoenix, AZ 85010

"Responsible Drinking Party Ideas"

Wisconsin Clearinghouse for Alcohol and
Other Drug Information
1954 E. Washington Avenue
Madison, WI 53704

"Saying No: Drug Abuse Prevention Ideas for the Classroom"

National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Should I Drink?"

Nebraska Alcohol and Drug Information
Clearinghouse
Health Education Department
University of Nebraska at Lincoln
3 Coliseum
Nebraska, NE 68588

"So--Your Really Want To Do Something about the Drunk Driver?"

Nebraska Alcohol and Drug Information
Clearinghouse
Health Education Department, UNL
3 Coliseum
Lincoln, NE 68588

"Substance Use and Safety: Alcohol and Other Drugs"

Nebraska Alcohol and Drug Information
Clearinghouse
Health Education Department
University of Nebraska at Lincoln
3 Coliseum
Lincoln, NE 68588

"Teaching About Alcohol (Special Resources for Teachers and Students"

National Alcohol and Drug Information
Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Teen Involvement for Drug Abuse Prevention--Administrator's Guide"

Prevention Branch
Division of Resource Development
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"Teen Involvement for Drug Abuse Prevention"

Prevention Branch
Division of Resource Development
National Institute on Drug Abuse
5600 Fishers Lane
Rockville, MD 20857

"This Side Up--Making Decisions About Drugs"

National Institute on Drug Abuse
Office of Communications and Public
Affairs
5600 Fishers Lane
Rockville, MD 20857

"Today's Woman Has the Choice"

Nebraska Alcohol Information Clearinghouse
109 Coliseum, UNL
Lincoln, NE 68588

"Under the Influence . . ."

AETNA
Life and Casualty
Hartford, CT 06156

"Understanding and Dealing with Alcoholism--#580"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"What Life Will We Make for Our Children?"
--Native Americans

National Institute Drug Abuse
Division of Resource Development
Prevention Branch
5600 Fishers Lane
Rockville, MD 20857

Attention: DHHH Publication No. (ADM) 81-1010

"What Should a Driver Training Instructor Teach About Drinking and Driving?"

Preferred Risk Mutual Insurance Co.
1111 Ashworth Road
West Des Moines, IA 50265

"What You Need to Know About Alcohol for Your Health and Safety"

The American Council on Alcohol Problems, Inc.
6955 University Avenue
Des Moines, IA 50311

"What You Should Know About Drug Abuse--#550"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"You and Your Alcoholic Parent"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"The Woman Alcoholic"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

HEART/CARDIOVASCULAR HEALTH

"Cardiovascular Disease"

The Institute of Gerontology
University of Michigan
520 East Liberty
Ann Arbor, MI 48109

"The Dentist's Role in High Blood Pressure Detection"

Bergen County Dental Society
Bergen County Health Department
Fairleigh - Dickinson University
School of Dentistry
Department of Continuing Education
110 Fuller Place
Hackensack, NJ 07601

"A Design for . . . Heart Disease Prevention Programs"

The University of the State of New York
The State Education Department
Bureau of General Education
Curriculum Development
Albany, NY

"A Handbook of Heart Terms"

U.S. Department of Health and
Human Services
National Institutes of Health
Office of Information
Bethesda, MD 20014

Attention: Publication No. (NIH) 78-131

"Health Enemy No. 1: High Blood Pressure"

MSD
Health Information Services
West Point, PA 19486

"Heart Attacks"

National Heart, Lung, and Blood
Institute
Information Office
9000 Rockville Pike
Bethesda, MD 20205

Attention: #79-1803

"The Heart Test That Could Save Your Life"
--article

Alabama Commission on Physical Fitness
11 South Union Street
Montgomery, AL 36130

"The Hidden Illness"

Health Information Services
Merck, Sharp, and Dohme
Division of Merck & Co., Inc.
Public Relations Department
West Point, PA 19486

"High Blood Pressure"

The Institute of Gerontology
University of Michigan
520 East Liberty
Ann Arbor, MI 48109

"High Blood Pressure"

MSD
Health Information Services
Merck, Sharp, & Dohme
Division of Merck and Co., Inc.
West Point, PA 19486

"High Blood Pressure and What You Can Do About It"

High Blood Pressure Information Center
120/80 National Institutes of Health
Bethesda, MD 20014

"The Human Heart (A Living Pump)

Office of Information
National Heart, Lung, and
Blood Institute
Bethesda, MD 20014

Attention: Publication No. (NIH) 78-1058

"The Main Artery"
--newsletter

The Institute for Experimentation
in Teacher Education
S.U.N.Y.
Cortland, NY 13045

"Measuring Blood Pressure (A Guide for Paramedical Personnel)"

MSD
Health Information Services
Merck, Sharp, & Dohme
Division of Merck and Co., Inc.
West Point, Pa 19486

"Medicine for the Layman"

U.S. Department of Health and
Human Services
Public Health Service
National Institutes of Health
Bethesda, MD 20014

Attention: NIH Publication No. 81-1949

"Physical Fitness and Your Heart"

Governor's Commission on
Physical Fitness
Highway Building, Room 745
11 South Union Street
Montgomery, AL 36130

"A Program of Heart Disease . . . Intervention for Public Employees"

New York State Department of
Civil Service
Employee Health Service
Building 1
State Office Campus
Albany, NY 12239

"Surviving a Heart Attack"

The Institute of Gerontology
University of Michigan
520 East Liberty
Ann Arbor, MI 48109

"What Every Woman Should Know About High Blood Pressure"

Public Health Service
5600 Fishers Lane
Rockville, MD 20857

Attention: DHEW Publication No. 287-447

"What Everyone Should Know About Stroke"

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

"What Kind of People Have Heart Attacks"

Blue Cross-Blue Shield of Texas
P.O. Box 225730
Dallas, TX 75265

"You and Your Blood Pressure"

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

"Your Diet and Your Heart"

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

NUTRITION

"A-B-C's of Good Nutrition"

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

"Additives and Our Food Heritage"

Consumer Affairs Department
Kraft Foods
Glenview, IL 60025

"Aspirin: America's Favorite Drug"

FDA Consumer
U.S. Department of Health and
Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Atherosclerosis Update: Emphasis on Diet"

Best Foods
CPC International, Inc.
International Plaza
Englewood Cliffs, NJ 07632

"Calorie Count of Food Products Made by Best Foods"

Consumer Service Department
Best Foods
CPC International, Inc.
International Plaza
Englewood Cliffs, NJ 07632

"Cholesterol-lowering Diets"

Best Foods
Box 307
Coventry, CT 06238

"Choosing Foods to Fit Your Life"

The Nutrition Foundation
Office of Education
888 Seventeenth Street, N.W.
Washington, DC 20006

"The Confusing World of Health Foods"

FDA Consumer
U.S. Department of Health and
Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Diabetic Exchange Values of Goods Made by Best Foods"

Consumer Service Department
Best Foods
CPC International, Inc.
International Plaza
Englewood Cliffs, NJ 07632

"Eating to Live (Better Health Through Better Eating)"

Pacific Mutual
700 Newport Center Drive
Box 9000
Newport Beach, CA 92660

"Food and Nutrition Terms"

Consumer Relations Department
Kraft Foods
Chicago, IL 60690

"The Food Industry . . . A Quality Story"

Consumer Relations Department
Kraft Food
Chicago, IL 60690

"Food Packaging . . . .Past, Present and Future"

Consumer Affairs Department
Kraft Foods
Glenview, IL 60025

"Food Selection, Storage, and Preparation"

Consumer Affairs Department
Kraft Foods
Chicago, IL 60690

"A Guide to Fats and Oils"

Best Foods
A Guide to Fats and Oils
Department FO-X, Box 307
Coventry, CT 06238

"Health Foods: Facts and Fakes--#498"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"How You Can Control Your Weight"

Metropolitan Life Insurance Co.
1 Madison Avenue
New York, NY 10010
Attn: Public Affairs

"It's Fun to Be Healthy"

The Prudential Insurance Co.
of America
Public Affairs Department
745 Broad Street, 15th Floor
Newark, NJ 07101

"Liquor May Be Quicker But . . ."

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"More Than Just a Package"

Consumer Relations Department
Kraft Foods
Chicago, IL 60690

"Morningstar Farms--Cholesterol Free Foods"

Miles Laboratories, Inc.
7123 West 65th Street
Chicago, IL 60638

"Nutrition Information Per Serving of Good Products Made By Best Foods"

Consumer Services Department
Best Foods
CPC International, Inc.
International Plaza
Englewood Cliffs, NJ 07632

"Nutrition Labels and U.S.R.D.A."

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Outsmarting the Cash Register"

Consumer Affairs Department
Kraft Foods
Glenview, IL 60025

"A Primer on Dietary Minerals"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Primer on Three Nutrients"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Research and Development . . . in the Food Industry"

Consumer Affairs Department
Kraft Food
Glenview, IL 60025

"Salt Shakes Up Some of Us"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Sodium Restricted Diet"

American Heart Association
Kansas Affiliate, Inc.
5229 West Seventh Street
Topeka, KS 66606

"Some Facts and Myths of Vitamins"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Sugar--How Sweet It Is--and Isn't"

FDA Consumer
U.S. Department of Health
and Human Services
Public Health Service
Food and Drug Administration
5600 Fishers Lane
Rockville, MD 20857

"Vitamins, Food, and Your Health--#465"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"Your Diet: Health Is in the Balance"

The Nutrition Foundation, Inc.
Office of Education and Public Affairs
888 Seventh Street, N.W.
Washington, DC 20006

SMOKING

"The A-B-C's of Smoking"

Action on Smoking and Health
2013 H Street, N.W.
Washington, DC 20006

"Break the Habit: Cookbook for a Smokeless Diet"

National Interagency Council on
Smoking and Heath
291 Broadway, Suite 1005
New York, NY 10007

"Clearing the Air--A Guide to Quitting Smoking"

Office of Cancer Communications
National Cancer Institute
Bethesda, MD 20014

Attention: DHEW Publication No. (NIH) 79-1647

"The Decision Is Yours"

National Interagency Council on
Smoking and Health
291 Broadway, Suite 1005
New York, NY 10007

"The Easy Way"

Smokenders
37 North Third Street
Easton, PA 18042

"Equal Rights of Smokers"

Imagination, Inc.
1821 University Avenue
St. Paul, MN 55104

"If You Must Smoke . . ."

U.S. Department of Health
and Human Services
Health Services Administration
Center for Disease Control
National Clearinghouse for
Smoking and Health
Bethesda, MD 20016

"Smoking--A Habit That Should Be Broken--#573"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"We Americans Have Seen the Light . . . and We're Putting Out"

National Interagency Council on
Smoking and Health
291 Broadway, Suite 1005
New York, NY 10007

"Why Start a Life Under a Cloud?"

National Interagency Council on
Smoking and Health
291 Broadway, Suite 1005
New York, NY 10007

"Women and Smoking--$475"

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

"You Can Stop"

Smokenders
37 North Third Street
Easton, PA 18042

"You're Young, You're Female, and You Smoke"

National Interagency Council on
Smoking and Health
291 Broadway, Suite 1005
New York, NY 10007

STRESS

" 'Plain Talk' About Stress"

Alcohol, Drug Abuse, and
Mental Health Administration
5600 Fishers Lane
Rockville, MD 20857

Attention: Publication No. (ADM) 80-502

"Stress and Your Health"

Metropolitan Life Insurance Co.
1 Madison Avenue
New York, NY 10010

Attn: Public Affairs Department

"Understanding Stress"

Guidance Center
Faculty of Education
University of Toronto

"What Everyone Should Know About Stress"

Channing L. Bete Co., Inc.
South Deerfield, MA 01373

APPENDIX B: LISTS OF CONTACTS

APPENDIX D: PRINTED MATERIALS EVALUATION FORM AND READABILITY SCALES

COMPENDIUM EVALUATION FORM
PRINTED MATERIALS

Title: ______________________________

Author(s): ______________________________

Publisher: ______________________________

☐ Federal Government

___ Agency code

☐ Public Action/Service Group

☐ State Government

___ State code

☐ Private Corporation

Reference No. or Date of Publication: ______________________________

Available from (including mailing address and phone number):

____

Cost:

Single copy ______________ Multiple copies ______________

Type of Material:

☐ Brochure/Pamphlet

☐ Magazine article

☐ Newspaper article

ntended Readers:

☐ Females

☐ Pregnant Females

☐ Males

☐ Both Sexes

☐ 18 years or less
Children/Adolescents

☐ Parents

☐ Senior Citizens

☐ All Ages

Physical Fitness Content Area:

☐ Smoking

☐ Alcohol and Other Drugs
- ___ alcohol
- ___ controlled substances
- ___ illicit drugs
- ___ abuse
- ___ addiction
- ___ treatment

☐ Nutrition
- ___ general
- ___ obesity
- ___ cholesterol

☐ Stress
- ___ general
- ___ headaches
- ___ depression
- ___ ulcers
- ___ coping mechanisms

☐ Physical Fitness/Exercise
- ___ fitness standards
- ___ fitness readiness
- ___ health cost/benefits
- ___ cardiovascular system
- ___ blood pressure
- ___ asthma

1.	Material presents factual information?	yes, a great deal	yes, some	no	DK	NA
2.	Factual material is up-to date relative to other materials on the subject?	yes		no	DK	NA
3.	Material provides references or resources for further exploration?	yes, a great deal	yes, some	no	DK	NA
4.	Readability level:	____________				
5.	Comprehensiveness rating:	1 = presents minimal information 2 = presents an adequate amount of information (i.e, enough for basic understanding) 3 = presents extremely detailed information				
6.	Specific recommendations to improve health are included?	yes, a great deal	yes, some	no	DK	NA
7.	Copy type (size, boldness) easy to read?	yes, throughout	yes, in a few places	no	DK	NA

SMOG CONVERSION TABLE

Total Polysyllabic Word Count	Approximate Grade Level (± 1.5 Grades)
0-2	4
3-6	5
7-12	6
13-20	7
21-30	8
31-42	9
43-56	10
57-72	11
73-90	12
91-110	13
111-132	14
133-156	15
157-182	16
183-210	17
211-240	18

APPENDIX E: ADDITIONAL RESOURCES

APPENDIX E: ADDITIONAL RESOURCES

American Academy of Pediatrics 1981 Publications List

American Academy of Pediatrics
P.O. Box 1034
Evanston, IL 50204

AAU — Physical Fitness Program (Testing Program)

Nabisco — AAU Physical Fitness Program
AAU House
3400 West 86th Street
Indianapolis, IN 46268

AIT Catolog of Educational Materials

Agency for Instructional Television
Box A
Bloomington, IN 47402

AMA Publications ... to help you lead a healthier, happier life

American Medical Association
535 North Dearborn Street
Chicago, IL 60610

Catalog: Health and Safety Educational Materials

Health and Safety Education Division
Metropolitan Life Insurance Company
One Madison Avenue
New York, NY 10010

Catalog of Health Resources Administration Publications

U.S. Department of Health, Education and Welfare
Public Health Service
Health Resources Administration
DHEW Publication No. (HRA) 79-615

Catalog of Publications and Audio Visual Aids on Life and Health Insurance

American Council of Life Insurance
1850 K Street, N.W.
Washington, DC 20006

Consumer Information Catalog

Consumer Information Center
Pueblo, CO 81009

Educational Materials for Hypertensive Patients

National High Blood Pressure Education Program
National Heart, Lung and Blood Institute
120180 National Institute of Health
Bethesda, MD 20014

Educational Material from Kraft

The Consumer's Right to Know
P.O. Box 802
Department E
South Holland, IL 60473

FDA Consumer Information

U.S. Department of Health and Human Services
Public Health Service
Food and Drug Administration
Rockville, MD 20857

The Fitness Report Resource Supplement

The Fitness Report
102 Adelaide Street E
Toronto, M5C1K9

Health Promotion Directory

Blue Cross/Blue Shield
676 North St. Clair Street
Chicago, IL 60611

Healthy UTAH ... UTAH's Guide to Health Promotion Services

Utah State Department of Health
Salt Lake City, UT

The Human Condition

Hogg Foundation Library
P.O. Box 7998
The University of Texas
Austin, TX 78712

Lifestyle Assessment Questionnaire

Institute of Lifestyle Improvement
University of Wisconsin — Stevens Point Foundation
2100 Main Street
Stevens Point, WI 54481

Michigan Council on Physical Fitness and Health

Michigan Council on Physical Fitness and Health
Michigan Department of Public Health
P.O. Box 30035
3500 North Logan
Lansing, MI 48909

Mini Catalog: Health Education Programs Scriptographic Booklets

Channing L. Bete Co., Inc.
200 State Road
South Deerfield, MA 01373

NIH — Publications List

National Institutes of Health
Office of Communications, OD
Division of Public Information
NIH Publication No. 80-7
Editorial Operations Branch
Bethesda, MD 20205

The Nutrition Foundation Publications

The Nutrition Foundation
Office of Education
888 Seventeenth Street, N.W.
Washington, DC 20006

Patient Information Library 1981 Fall Catalog

PAS Publishing
345-G Serramonte Plaza
Daly City, CA 94015

Personal Health Appraisal Program Questionnaire

The Institute for Personal Health
Analysis Department
1213 K Street, N.W.
Washington, DC 20005

Physical Education — A Dissertation Catalog

University Microfilms International
300 N. ZEEB Rd.
Ann Arbor, MI 48106

Physical Fitness Resource Directory

Maryland Commission on Physical Fitness
201 West Preston Street
Baltimore, MD 21201

Physical Fitness/Sports Medicine

The President's Council on Physical Fitness and Sports
400 6th Street, SW
Washington, DC 20201

Public Affairs Pamphlets 1981 Catalog

Public Affairs Pamphlets
381 Park Avenue South
New York, NY 10016

Public Citizen Health Research Group Publications

Public Citizen Health Research Group
2000 P Street, N.W.
Washington, DC 20036

Publication Testing —— Health Education/Promotion

Self-Control Systems, Inc.
Suite 223, Lake Air Bank
4901 Bosque Blvd.
P.O. Box 7854
Waco, TX 76710

Publications List —— President's Council on Physical Fitness and Sports

U.S. Government Printing Office
Assistant Public Printer
Washington, DC 20402

Publications of the Health Services Administration

Office of Public Affairs
Public Health Service
Room 740 G
200 Independence Ave., S.W.
Washington, DC 20201

Publications of the National Recreation and Park Association

National Recreation and Park Association
1601 North Kent Street
Arlington, VA 22209

Put Some Pep In Your Step

Blue Cross/Blue Shield Association
676 North St. Clair Street
Chicago, IL 60611

Pyramid Film and Video Catalog

Pyramid
Box 1048
Santa Monica, CA 90406

Risk Reduction Resource Center

Department of Human Services
Augusta, ME 04017

Taking Action for Fitness

National Health Information Clearinghouse
P.O. Box 1133
PHS Publication No. 81-50164
Washington, DC 20013

Target: Physical Fitness Improved Lifestyles for Marylanders

The Maryland Commission on Physical Fitness
201 West Preston STreet
Baltimore, MD 21201

Wisconsin Clearinghouse Information on Alcohol, and Other Drugs, Mental Health, Primary Prevention, Youth Development Publications, Evaluations and Film Information

University of Wisconsin Hospitals and Clinics
1954 East Washington Ave.
Madison, WI 53704